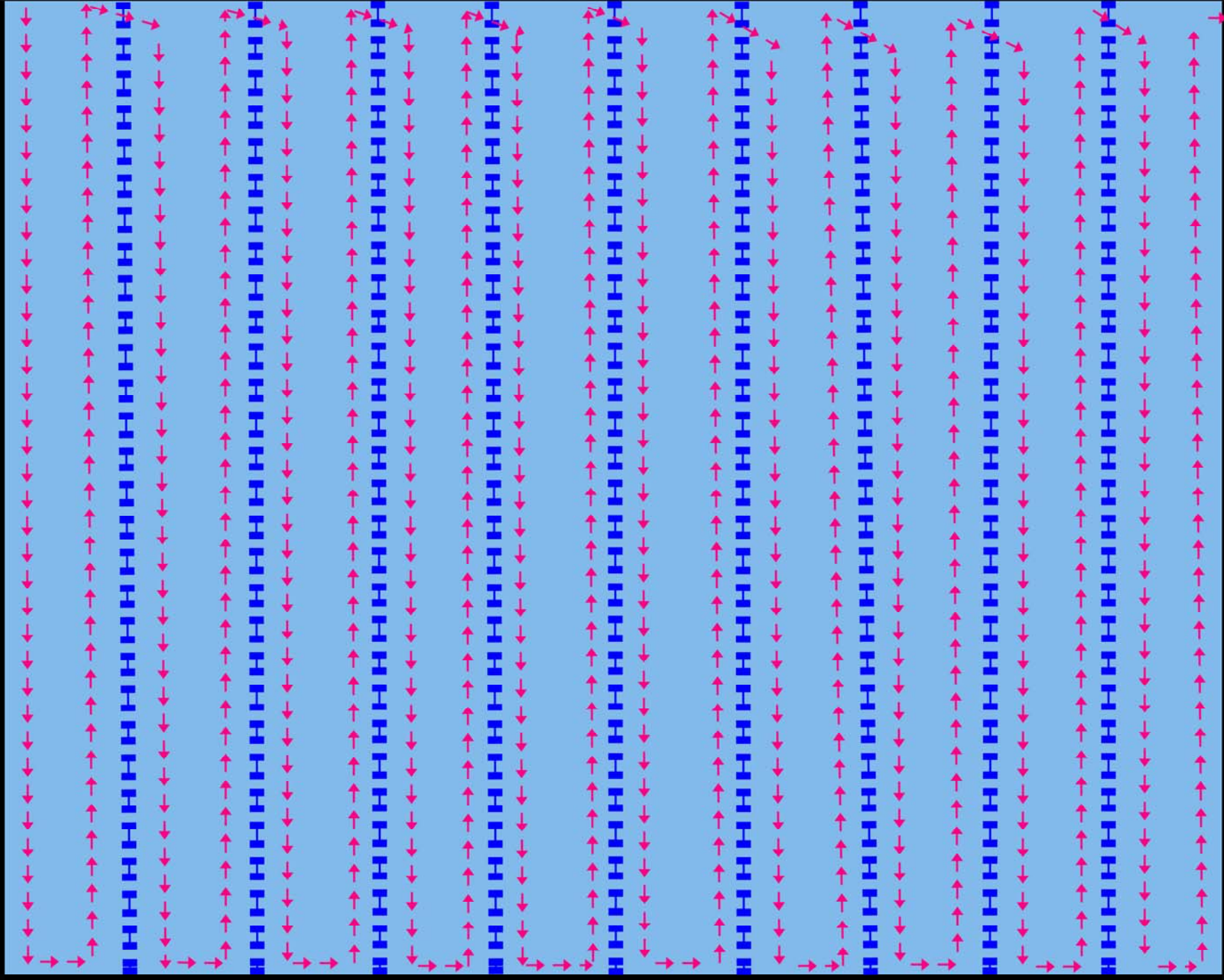


*line over here for scudded start*

*Enter Pool*

*25 Meters*

*To Transition*



*25 Yards*

*500 yard swim*

*8 foot lane*

*Serpentine Swim*

*Powerade TRJ the ROCK*