# SWIM COURSE

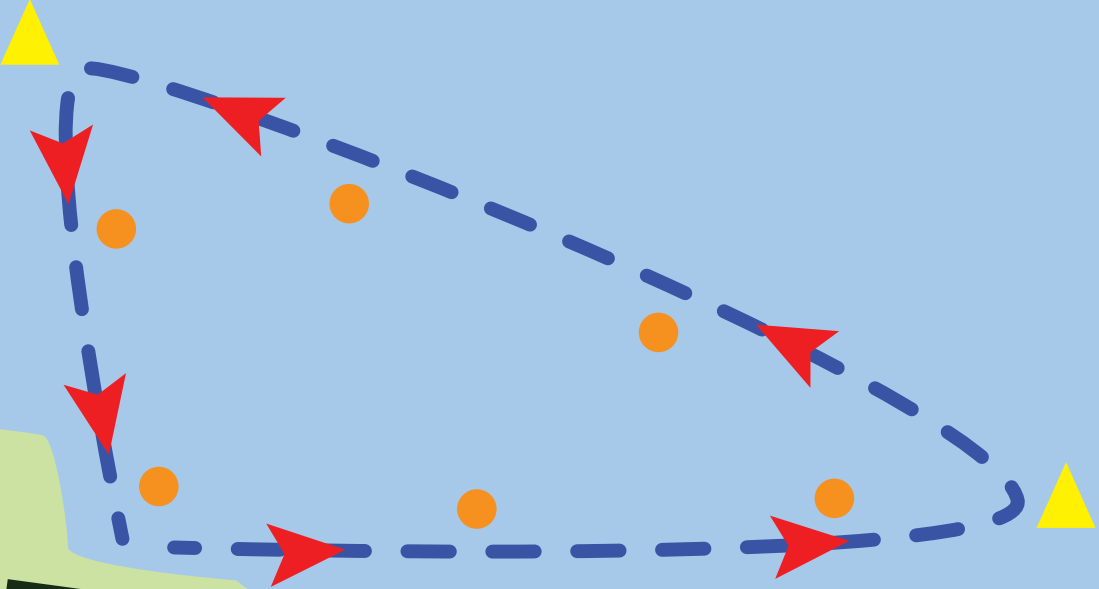**One Loop - SPRINT**
**Two Loops - STANDARD**

Westwood Lake

S
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TRANSITION

Westwood Rd

DYNAMIC
RACE EVENTS