

BIG SWIM

NOTTINGHAM

MAP KEY

S

F

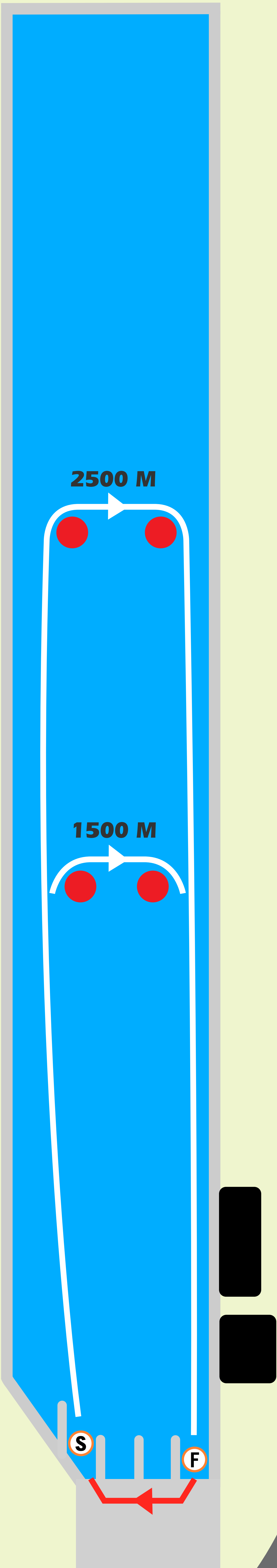
START AND FINISH MARKERS

TURNING BOUYS

1500m = 1 Lap

3000m = 2 Laps of 1500m:
swim 1500m get out,
run in front of
transition & back in
water for 2nd lap

5000m = 2 Laps of 2500m:
swim 2500m get out,
run in front of
transition & back in
water for 2nd lap



Adbolton Lane