



## Cornhusker State Games – 10K Open Water Swim

7:00 a.m. start

Area 1 Beach

Route (Clockwise):

- From beach start, swim to first buoy near the left point, turn right (buoy to your right)
- Swim outside the white buoys (lake side), be sure to sight often to stay on the lake side (north)
- Swim between green marker #1 (to your left) and the last buoy (to your right), turn left
- Swim to third orange marker around the point, turn right (buoy to your right)
- Swim between green marker #2 (to your left) and first buoy by the dam (to your right), turn left
- Swim on the lake side of the buoys, sighting often to stay on the lake side (west)
- Swim between green marker #3 (to your left) and the last buoy by the dam (to your right), turn left
- Swim clockwise around orange marker near marina entrance and retrace swim route along the dam on the dam side of the buoys. Sight often to stay on dam side of buoys (east).
- Swim clockwise around orange marker at the point and retrace swim route along the dam, staying on the lake side (second lap along dam)
- Swim clockwise around orange buoy near marina entrance and retrace swim route along the dam, staying on the damside
- Continue swimming around the point, swimming on the shore side of the orange markers (markers to your right)
- Swim counter clockwise around green marker #1 (marker to your left), TURN LEFT to return to the beach, cross the finish line.

Note: Swimmers swim 2 laps along the dam