



Cornhusker State Games – 1 mile Open Water Swim

7:30 a.m. start

Area 1 Beach Route

(Clockwise):

- From beach start, swim to first white 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 white buoy (to your right), turn left
- Swim to orange marker #1, turn clockwise (marker to your right)
- Swim around orange marker, making your way back to the last white buoy and **staying on the shore side**.
- Hang a slight right around white buoy (buoy on your right)
- Swim along the shore side of the white buoys (buoys to your right). Site to stay on shore side (south)
- Swim counter clockwise around final green marker (marker to your left), return to the beach, cross the finish line.



Cornhusker State Games – 5K Open Water

Swim 8:30 a.m. start

Area 1 Beach Route

(Clockwise):

- From beach start, swim to first white 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 white buoy (to your right), turn left
- Swim to second orange marker and turn clockwise (marker on your right)
- Make your way back to the last white buoy - **staying on the shore side**.
- Hang a slight right around white buoy (buoy on your right)
- Swim on the **shore side** of the white buoys, sighting often (buoys on your right)
- Swim clockwise around first white buoy (west side) and repeat route 2 more times for a total of 3 laps.
- Near the end of your 3rd lap, swim counter clockwise around green marker (marker to your left), return to the beach, cross the finish line.

100 Meter Swim

9:30 a.m. Start

Area 1 Beach

Route (Clockwise)

- Swim out to the first buoy near the left point, turn clockwise around it (buoy to your right)
- Return to the beach, cross the finish line