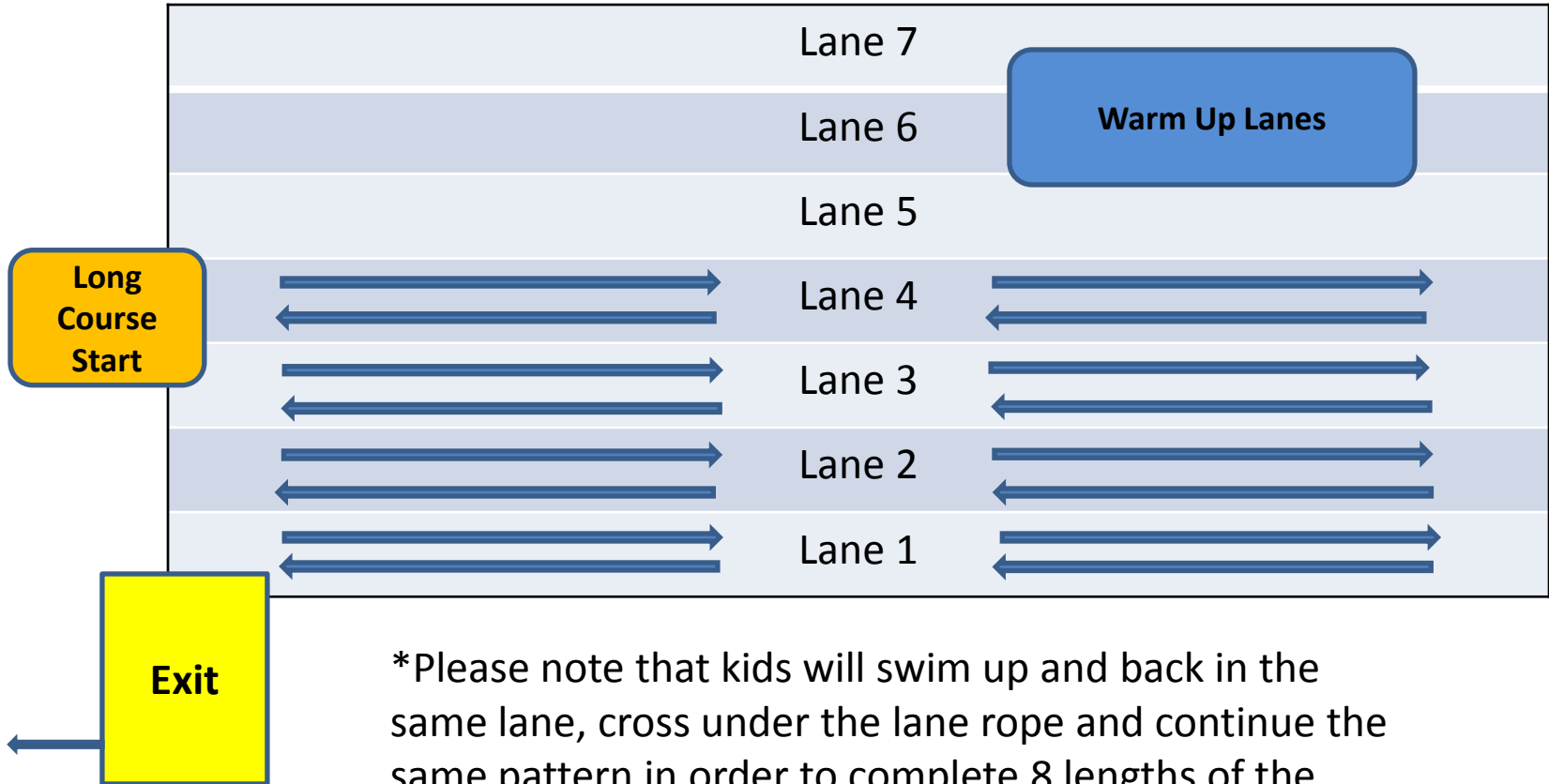


Tar Heel Youth Triathlon SWIM -- LONG COURSE



*Please note that kids will swim up and back in the same lane, cross under the lane rope and continue the same pattern in order to complete 8 lengths of the pool.