



Capital of Dreams Swim Courses

Sprint Course - Yellow Buoys

Distance 400 meters

Start Time 7:30 am



Large Orange Triangle at Each swim Start

Intermediate Course - Orange Buoys

Distance 1500 meters

Start Time 8:00 am



SPRINT COURSE

- The Harriott II Riverboat will take participants 400 meters upstream for a point-to-point swim with the current of the Alabama River
- Swimmers will jump from boat dock every 3-5 seconds. Deck to water is about 3 feet.
- Swimmers will follow buoys placed approximately every 100 meters to the finish at the stationary dock
- Swimmers exit the water onto the dock via a ladder

INTERMEDIATE COURSE

- The Harriott II Riverboat will take participants 1500 meters upstream for a point-to-point swim with the current of the Alabama River
- Swimmers will jump from boat dock every 3-5 seconds. Deck to water is about 3 feet.
- Swimmers will follow buoys placed approximately every 100 meters to the finish at the stationary dock
- Swimmers exit the water onto the dock via a ladder

IMPORTANT NOTES

- A water temperature will be taken by USAT officials on Friday and again race morning.
- Different color swim caps will be provided for each race distance
- A 3rd swim cap color will be offered to swimmers preferring special attention during the swim.
- City of Montgomery Fire & Rescue Water Support will be plentiful along the courses

