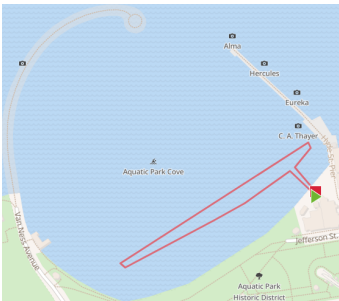
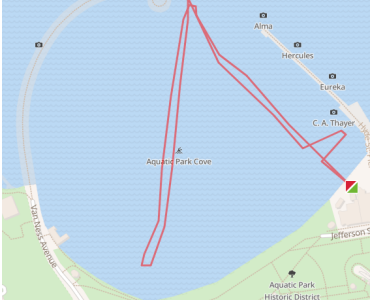


SWIM ROUTES OF AQUATIC COVE

 1/2 Mile Flag  sport swimming distance 0.50 ml energy 154 kcal Notes Exactly a half mile starting at the beach to flag to "Oprah" buoy and back to beach.	 1/2 Mile Opening  sport swimming distance 0.50 ml energy 154 kcal Notes 1/2 Mile Opening - Oprah - Home
 1/2 Mile: Bad Becky Loop  sport swimming distance 0.49 ml energy 149 kcal Notes Loop-Oprah-Bad Becky-Oprah-Beach	 3/4 mile Ebb: Alma to Flag  sport swimming distance 0.73 ml energy 224 kcal Notes Best on an ebb. Alma (Bad Becky buoy) ride ebb to flag, back to Oprah.
 1 mile Two Flags  sport swimming distance 0.96 ml energy 296 kcal Notes 1 Mile. Swim to Flag - Oprah - Flag - Oprah.	 1 mile Flag-Cove-Cigarette-Oprah  sport swimming distance 1.00 ml energy 308 kcal Notes 1 mile loop around the Cove looping in the Cigarette Buoy and Oprah.
 1 mile Opening-Flag-Opening-Oprah  sport swimming distance 1.00 ml energy 306 kcal Notes Swim to opening then loop to flag and back to opening, swing by Oprah and home.	 1 mile Alma-Flag-Oprah-4thBuoy  sport swimming distance 1.00 ml energy 307 kcal Notes 1 mile Alma-Flag-Oprah-4thBuoy