





# **ALPHA OPEN:**

## Sunday, November 21, 2021

- Swim: 100 meters (one loop)
  - 1) In water start
  - 2) Swim one loop in counterclockwise direction
  - 3) Exit water to T1

#### **ALPHA SPRINT:**

### Sunday, November 21, 2021

- Swim: 750 meters (one loop)
  - 1) In water start
  - 2) Swim one loop in counterclockwise direction
  - 3) Exit water to T1

### **ALPHA OLYMPIC:**

## Sunday, November 21, 2021

- Swim: 1,500 meters (two loops)
  - 1) In water start
  - 2) Swim two loops in counterclockwise direction
  - 3) Exit water to T1