

# Crawlman Course Distances/Aid Stations

## Long Course Run

Run 1 4.0 Miles

Run 2 .33 Mile Miles Aid Station 1 at the end of run 2

Run 3 .25 Miles Check Point @ end of run 2

Run 4 3.15 Miles

Run 5 1.30 Miles Aid Station 5 at the beginning of run 5 and exit of D swim

Run 6 3.0 Miles Aid Station 3 and the end of run 6 Long - Course Check Point of end of run 6

Run 7 2.0 Miles

Run 8 .5 Miles

## Approximately 13.5 Miles

### Short Course Run

Run 1 1.30 Miles

Run 2 .33 Miles Aid Station 1 at the end of run 2-Check Point @ end of run 2

Run 3 .25 Miles

Run 4 3.15 Miles

Run 5 .5 Miles Aid Station 5 at the beginning of run 5 and exit of D swim

Run 6 .5 Miles

## Approximately 6.75 Miles

## Swim Course

Course		Long Distance	Short Distance
Swim A	Long and Short	800M	800M
Swim B	Long and Short	500M	500M
Swim C	Long and Short	400M	400M
Swim D	Long and Short	300M	300M
Swim E	Long Course only	800M	
Swim F	Long Course only	800M	
Swim G	Long and Short	400M	400M

**Long Course Swim Totals Approximately 5K or 4000M**

**Short Course Swim Totals Approximately 2400 Meters**