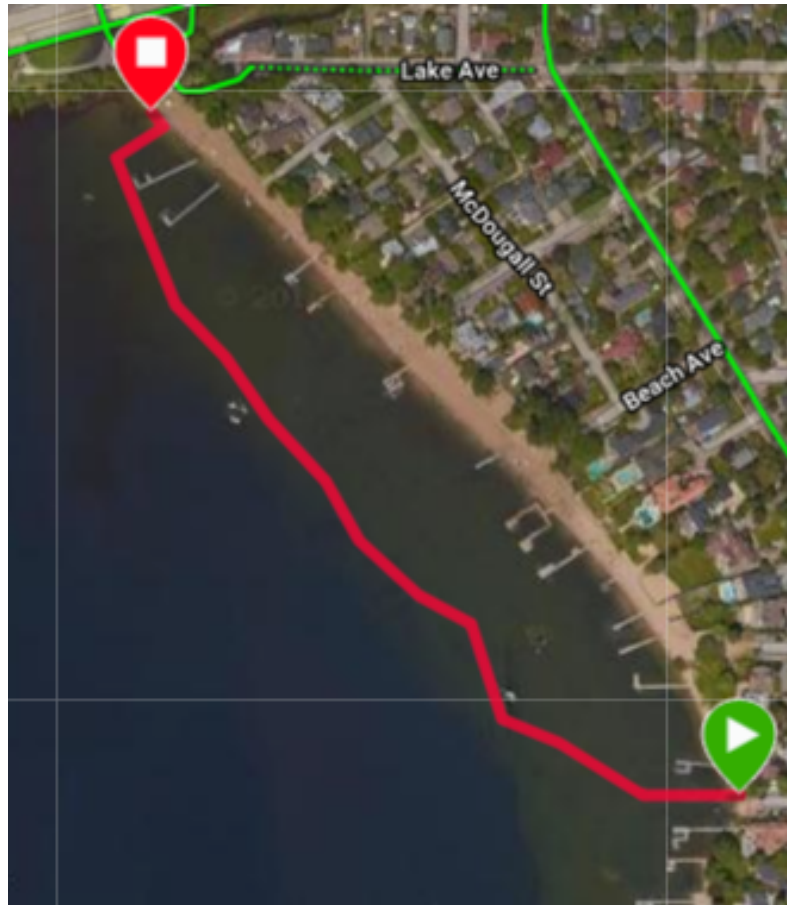


URBAN SWIMRUN KELOWNA



Swim #1: 650 m

Cadder Ave Beach Access to Lake Ave Beach
Access

September 29, 2019

Swim #1: 650 m

Cadder Ave Beach Access to Lake Ave Beach Access

Course Description.

On entering the shallow water at the end of Cadder Ave, it is initially weedy for about 50m, although deep enough and clear enough to be able to swim within 20m of the first white tire buoy¹. The entire swim course is 4 ft deep or less, and mostly sandy.



The white tire buoy, about 75m from shore, is the first point to swim around. There are 3 more that will appear on your right, to follow and guide your swim



The red buoys and the willow tree in front of the the bridge are good sighting points

Use the white tire buoys for sighting (keep them to the right), and swim to the left of a pink buoy that is about halfway along the swim. Once the white buoys are behind you, look for a red buoy straight ahead for further sighting; once that one has been reached, turn in immediately past the last dock (mostly destroyed by the 2017 flood). That point is where a green buoy³ will be placed for sighting and the sign to turn toward the beach, since it starts to get weedy closer to the bridge. Note that you can also sight toward the willow tree that is in



3. One of these green buoys will be positioned at the exit of this swim

front of the bridge in the distance.² It is deep enough to swim to within about 10m of the shoreline. **Total distance: about 650m.**