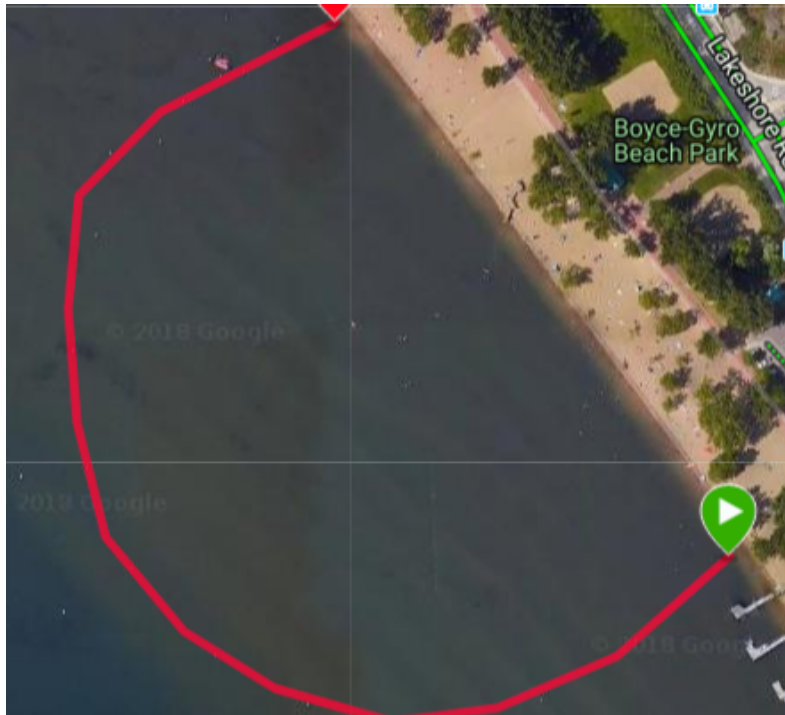


URBAN SWIMRUN KELOWNA



Swim #4: 600m

Gyro Beach south to north (Gyro Swim Loop)

September 29, 2019

Swim #4: 600m

Gyro Beach south to north (Gyro Swim Loop)

Course Description.

This swim starts at the south end of Gyro Beach after the short run from Rotary Beach on Lakeshore Road. This swim follows the Gyro Swim Loop; swimmers enter the water at in front of the 0m buoy of the Gyro Swim Loop, proceeding around the outside of the marked buoys from 0m to 500m. Since the lake level has receded considerably this time of year, the first 50m into the lake and the last 50m out of the lake are too shallow to swim in, so competitors will be wading about 100m of this swim.



1. The beginning of Swim #3, at the south end of Boyce Gyro Park, which follows the Gyro Swim Loop for 500m before exiting at the north end of the park.