

# CBISR 2017 Distances - Swim Legs

Course	Swim Legs	Distance	Note
		yds	
L	Cliff Isl to Sand Island	1100	
L	Sand Isl to Chebeague	750	
L	Chebeague to Little Chebeague	560	Tide dependant, cc
L	Little Chebeague to Long Island	640	
L	Long Island to Andrews Beach	880	
L	Beach to Vaill Island	270	
L	Vaill to South Beach	430	
L/S	Fowlers Beach to Peaks Island	1700	
L/S	Peaks to Cushings Island	800	
L/S	Cushings to House Island	900	pass day beacon on
L/S	House to Peaks Island	680	
		8710	Long Course
		4080	Short Course

# CBISR 2017 Distances - Run Legs

Course	Run Legs	Distance	Note
		miles	
L	Cliff Island	1.41	Rustic road/trail
L	Sand Island	0.07	hard sand/rocks
L	Chebeague Island	4.22	island road
L	Little Chebeague Isl	0.5	trail
L	Long Island to Nubble	1.42	island road/path
L	Vaill Island	0.5	boulders/loose roc
S	Wharf to Fowlers Beach	0.85	island road
L/S	Long Isl to Fowlers Beach	0.85	gravel and island r
L/S	Peaks Island	3.23	shore road and tra
L/S	Cushings Island	1.14	island road
L/S	House Island	0.66	shore/grass path/l
		14	Long Course
		6.73	Short Course