

Course	Swim Legs	Distance	Note	CUT-OFF TIMES
		yds		LONG COURSE ONLY

L	Cliff Isl to Sand Island	1100	
L	Sand Isl to Chebeague	750	
L	Chebeague to Little Chebeague	560	Tide dependant, will likely be a "water run" in 2017
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 point to your right
L/S	House to Peaks Island	680	

8710 Long Course

4080 Short Course

11:30AM at Fowlers Beach/Long Island - Mile 11.75

1:00PM at Torrington Point/Peaks Island - Mile 15.8

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 (Cleaves) to Nubble	1.42	island road/path
L	Vaill Island shoreline	0.5	boulders/loose rock
S	Wharf to Fowlers Beach	0.85	island road
L	Long Isl (South Beach) to Fowlers Beach	0.85	gravel and island road
L/S	Peaks Island	3.23	shore road and trails
L/S	Cushings Island	1.14	island road
L/S	House Island	0.66	shore/grass path/loose rock

6.73 Short Course

14 Long Course

Aid Stations

L	Jenks Landing, Chebeague Island	2.6	H2O, <i>Hammer Gel</i>
L	Cleaves Landing, Long Island	7.9	H2O, <i>Hammer Gel</i>
L	The Nubble, Long Island	9.3	<i>Precision Hydration</i> , H2O, <i>Hammer Gel</i> , <i>Redbarr</i>

L/S	Fowlers Beach, Long Island	11.75/.85	H2O, Hammer Gel	1st Long Course Cut-off Check Point	11:30 AM
L/S	Evergreen Landing, Peaks Island	12.6/1.6	Precision Hydration, H2O, Hammer Gel, Redbarr		
L/S	Torrington Point, Peaks Island	15.8/5.2	H2O, Hammer Gel	2nd Long Course Cut-off Check Point	1:00 PM
L/S	Cushing Island	16.4/5.2	Precision Hydration, H2O, Hammer Gel, Redbarr		
L/S	House Island	17.8/7.4	H2O, Hammer Gel		

Precision Hydration, Hammer Gel, & Redbarr
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