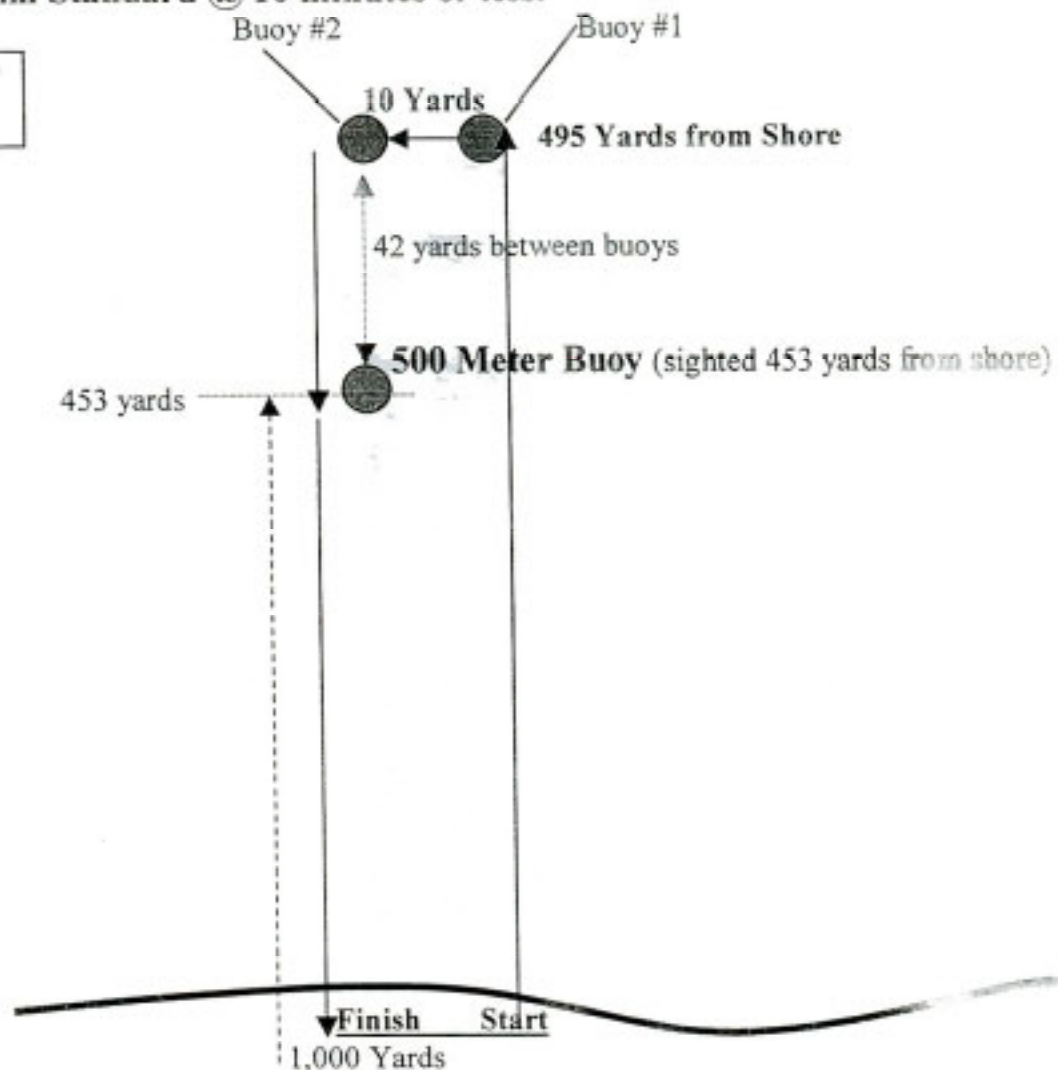


1. 1,000 yard Swim Test @ 20 minutes or less with 500 meter USLA Swim Standard @ 10 minutes or less.

FINAL DRAFT
3/22/04



RECOMMENDATION: Use two methods of measuring distance of buoys if at all possible. A distance range finder and a GPS are preferred. However the use of an accurate radar with plotter in conjunction with a distance range finder is also acceptable.

Measurements and Conversions Source: MISTupid.com , Conversions

500 meters = 546.8 yards (rounded to 547 yards for test purposes)

500 Meter Buoy is set 42 yards shoreward of Buoy #2 (453 yards from shore)

547 yards = 500 meters of swim distance.