





**Approximate Distances:**

**River Distance:**

200 Feet (67 yards) around the center of the River

27 Laps= 1 Mile

21 Laps=  $\frac{3}{4}$  Mile

14 Laps=  $\frac{1}{2}$  Mile

7 Laps=  $\frac{1}{4}$  Mile

**Lap Lane Distance:**

53 Feet (18 yards) is the length of the lap pool

2 Lengths = 1 Lap

50 Laps= 1 Mile

38 Laps =  $\frac{3}{4}$  Mile

25 Laps=  $\frac{1}{2}$  Mile

13 Laps=  $\frac{1}{4}$  Mile

**PWC Indoor Track:**

18 Laps= 1 Mile

**PRFC Indoor Track:**

9 Laps = 1 Mile