



SHORT COURSE:
 START ANITA ROCK & BOAT
 AROUND ALCATRAZ
 FINISH- ANITA ROCK & SHORE

LONG COURSE:
 START: FORT POINT COVE-(L1)
 CLOCKWISE AROUND ALCATRAZ
 RIGHT TURN RED BUOY (L2)
 RIGHT TURN GREEN/RED BUOY (L3)
 LEFT TURN YELLOW MARKER AT FORT POINT (L1)
 FINISH ANITA ROCK & SHORE