

# Kingdom Swim

LAKE MEMPHREMACOG – NEWPORT, VERMONT



**NO LANES • NO LINES • NO LIMITS**

**10 miles • 3 miles • 1 mile • 1/4 mile • 100 yards**

**JULY 25<sup>TH</sup> 2009**

**[www.kingdomswim.org](http://www.kingdomswim.org)**

