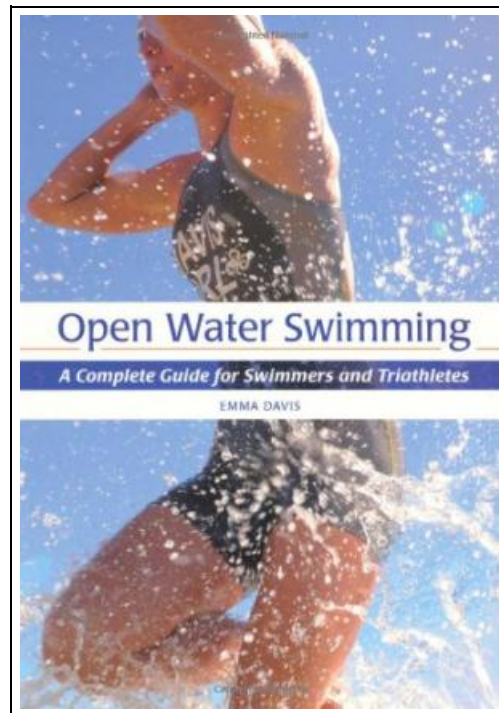


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## OPEN WATER SWIMMING: A COMPLETE GUIDE FOR SWIMMERS AND TRIATHLETES



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