

IMPORTANT

There is approximately a 600m walk/run from exiting the lake to the cycle transition.
There will be a shoe transition at the lake as you exit the pontoon.
Make sure you take a pair of trainers to the start of your swim.



Swim Course Information

- Swim Course Distance = 375m Sprint & Olympic (**Zone 3 Red Buoys**)
- 2 laps for Sprint & Sprint Relay = 750m
- 4 laps for Olympic & Olympic Relay = 1500m
- Swim Course = 200m Super Sprint & Fun (**Small round red Zone 3 buoy**)
- Swim Start: There will be a Pontoon set up for the swim start & finish
- Water depth: between 6 and 10 feet