

# Birmingham Triathlon Swim course

CYCLE  
TRANSITION  
AREA

START GATE

SWIM EXIT

START AREA

OLYMPIC  
NEXT LAP

**SUPER SPRINT & FUN  
SWIM COURSE**  
1 LAP = 200M

**OLYMPIC & SPRINT SWIM COURSE**  
Sprint & Relay x 1 LAP = 750M  
Olympic & Relay x 2 LAPS = 1500M

