


# TRIATHLON SWIM COURSE

STANDARD TRIATHLON: 2 LAPS = 1500m 

SPRINT TRIATHLON: 1 LAP = 750m 

SUPER-SPRINT TRIATHLON: 1 LAP = 375m 

Swim Warm-up Area

SWIM EXIT

TO TRANSITION

4

TURN FOR LAP 2 STANDARD

SWIM START

300m TO FIRST BUOY

1

2

3

