

SWIM COURSE

SPRINT AND OLYMPIC

SPRINT COURSE

Out and Back, starting at the City Park. Keep the buoy on your left.

OLYMPIC COURSE

Out, the same way as the Sprint Course, keeping the first large buoy on your left, then swim between the two smaller buoys further south on the course. After swimming through the gate made by the two smaller buoys, veer southwest to the next large buoy keeping it on your left, then head southeast passing one buoy on your left and continue on to the next large buoy, keeping that buoy on your left as well, head north keeping the fifth large buoy on your left. The final stretch home is north, keeping the gate made by the two small buoys on your left. Swim past the gate, and past the first large buoy keeping it on your left and head north to the shore.

BIKE COURSE

SPRINT AND OLYMPIC

SPRINT COURSE - 1 Lap

OLYMPIC COURSE - 2 Laps

Exit from City Park Transition Area:

RIGHT	at Park Street
RIGHT	at Roosevelt (turns into North Shore Dr)
LEFT	at Corbett
RIGHT	at Hwy 10 Frontage Road
RIGHT	at East Shore Drive
LEFT	at Oxcart Trail
RIGHT	at Hwy 10
RIGHT	at South Shore Drive
LEFT	continue on to South Shore Drive
RIGHT	at Shorewood Drive
RIGHT	at Long Bridge Road
RIGHT	at West Lake Drive
END	in City Park

RUN COURSE

SPRINT
OLYMPIC

SPRINT COURSE

East on North Shore Drive to Holiday Inn and back

OLYMPIC COURSE

City Park Transition to West Lake
Pelican River underpass
Hwy 59 underpass
Dutton Locks Turnaround
Finish in City Park

