

SWIM COURSE

SPRINT AND OLYMPIC

SPRINT COURSE

Out and Back, starting at the City Park

OLYMPIC COURSE

Out, the same way as the Sprint Course, keeping each buoy on your left, at first buoy, veer southwest to the second buoy, then head southeast to the third buoy, then northeast to the fourth buoy, northwest back to the first buoy and 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

