



Mountain Lakes Triathlon: Swim Course and Transition Flow

Sprint Swim Distance = 600 Yards

Olympic Swim Distance = 1500 Meters (2 x 750 Meters)

- ◆ Line up for individual swim start based on your race number
- ◆ OLYMPIC DISTANCE SWIMMERS START FIRST
- ◆ Race numbers are assigned based on estimated swim time entered at point of registration
- ◆ Olympic Relays & Aquabike start before Olympic Individuals; Sprint Relays & Aquabike start before Sprint Individuals;
- ◆ Swim with buoys on your LEFT
- ◆ Olympic Distance EXITS THE WATER then does a 2nd 750 Meter Loop Swim for 1500 Meters
- ◆ SPRINT COURSE: marked with yellow buoys
- ◆ OLYMPIC COURSE: continue beyond yellow buoys to go around orange buoys
- ◆ ALL SWIMMERS START & END AT GREEN TRIANGLE BUOYS
- ◆ Enter Race Transition Area from swim course and proceed to the left to enter your assigned row
- ◆ Bike racking location is organized by assigned race number
- ◆ Exit Race Transition Area on bike on the opposite end from where you enter from the swim
- ◆ Enter Race Transition Area from the bike course to the right, where you entered from swim
- ◆ Go left on the Sunset Drive Greenway to begin the run course

