



# SWIM COURSE POINT TO POINT

OLYMPIC  
START  
1500M

**OLYMPIC START**  
FOLLOW RIVER  
TRAIL NW FROM  
TRANSITION TO  
SHORELINE  
OPPOSITE  
PAVILLION

**SPRINT START**  
WASHINGTON AVE  
BRIDGE & TAKE PATH  
TO BLEDSOE MILLER  
DOCK

**SPRINT  
START  
400M**

EXIT

**TRANSITION**

Wetsuit use temperature guidelines per  
**USA Triathlon Competitive Rules Article  
IV-  
Swimming Conduct Section 4.4 Wetsuits -  
Effective July 1, 2020**  
\*\*\*  
**78.1°F – 83.9°F**  
Participatory only, ineligible for  
awards/rankings  
**84°F or Above**  
Forbidden  
\*\*\*  
Water temperature will be available at  
packet pickup

**YELLOW** (stays on right shoulder) ▲  
**YELLOW CYLINDER** (right turn, stays on right shoulder) ◻  
**LARGE RED** (sprint only, left turn, stays on right shoulder) ●  
**SMALL RED** (line of sight) ●  
**OLYMPIC** →  
**SPRINT** →

tri-now