

SWIM COURSE

POINT TO POINT



OLYMPIC START
1500M

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

SPRINT START
750M

SPRINT and Try a Tri START
WASHINGTON BRIDGE & TAKE PATH TO BLEDSOE MILLER DOCK

Try a Tri
400M

EXIT

TRANSITION

- YELLOW** (stays on right shoulder)
- YELLOW CYLINDER** (right turn, stays on right shoulder)
- SMALL GREEN** (Sprint and try a tri: left turn, continue on course)
- SMALL RED** (line of sight)
- OLYMPIC**
- SPRINT**
- TRY a TRI**