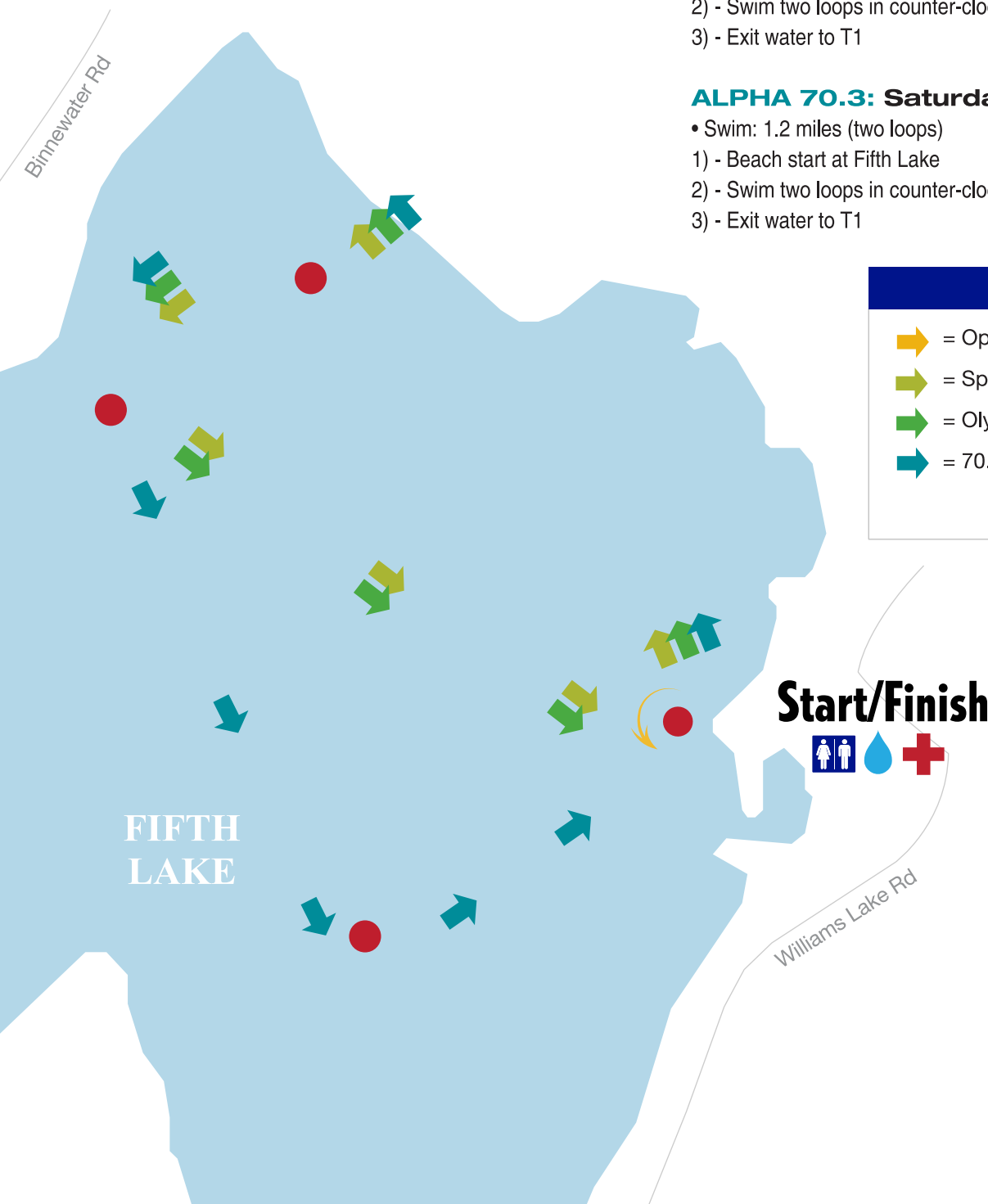




## Hudson Valley at Williams Lake Swim Course

100 meters/750 meters/1,500 meters/1.2 miles



### ALPHA OPEN: Saturday, July 1, 2023

- Swim: 100 meters (out-n-back)
  - 1) - Beach start at Fifth Lake
  - 2) - Swim one loop in counter-clockwise direction
  - 3) - Exit water to T1

### ALPHA SPRINT: Saturday, July 1, 2023

- Swim: 750 meters (one loop)
  - 1) - Beach start at Fifth Lake
  - 2) - Swim one loop in counter-clockwise direction
  - 3) - Exit water to T1

### ALPHA OLYMPIC: Saturday, July 1, 2023

- Swim: 1,500 meters (two loops)
  - 1) - Beach start at Fifth Lake
  - 2) - Swim two loops in counter-clockwise direction
  - 3) - Exit water to T1

### ALPHA 70.3: Saturday, July 1, 2023

- Swim: 1.2 miles (two loops)
  - 1) - Beach start at Fifth Lake
  - 2) - Swim two loops in counter-clockwise direction
  - 3) - Exit water to T1

#### Course Key

|           |               |
|-----------|---------------|
| = Open    | = Trail       |
| = Sprint  | = Aid Station |
| = Olympic | = Medical     |
| = 70.3    | = Porta-Potty |
|           | = Buoy        |