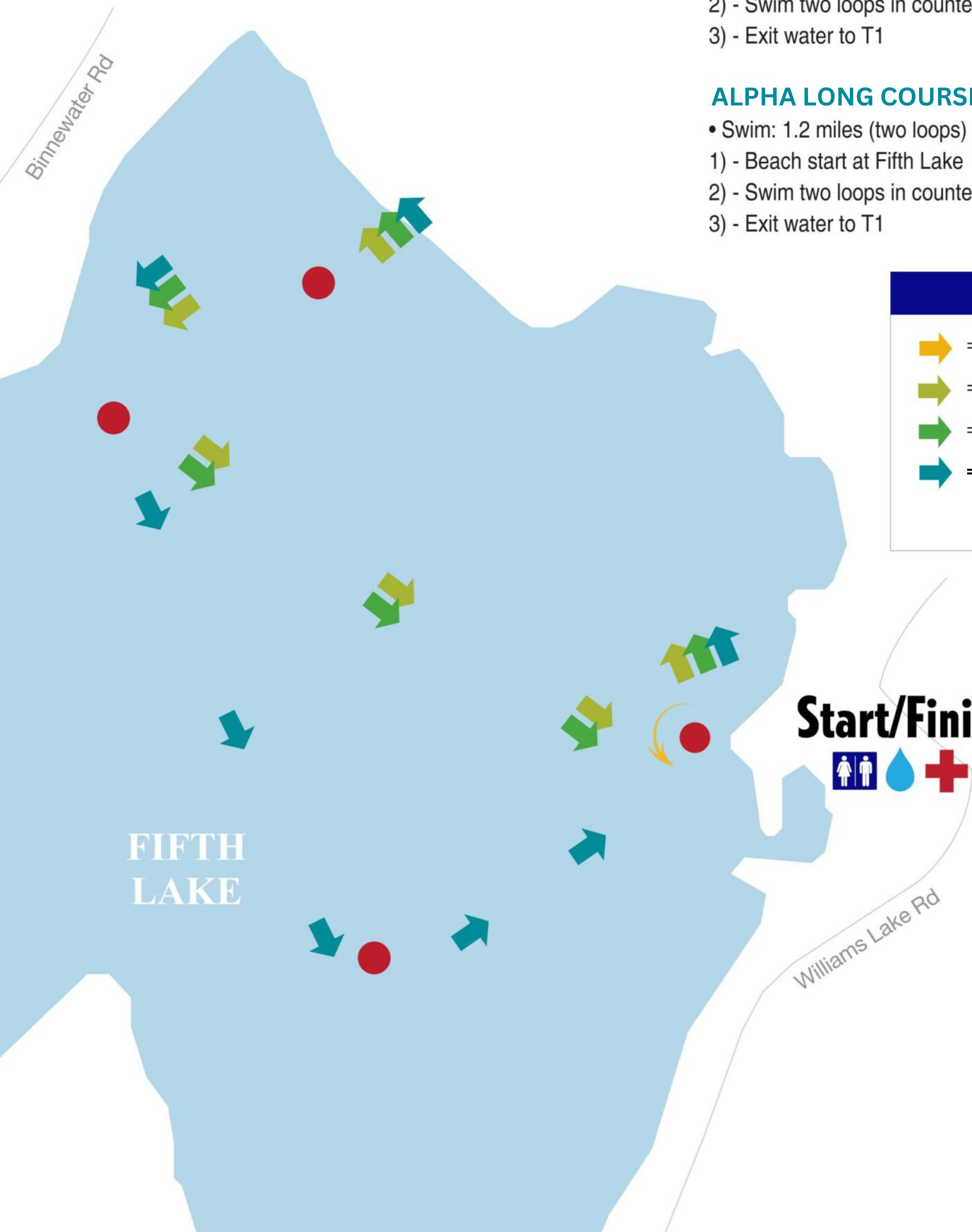




Hudson Valley at Williams Lake Swim Course

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



ALPHA OPEN:

- 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:

- 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:

- 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 LONG COURSE:

- 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
	= Long Course		= Porta-Potty
			= Buoy