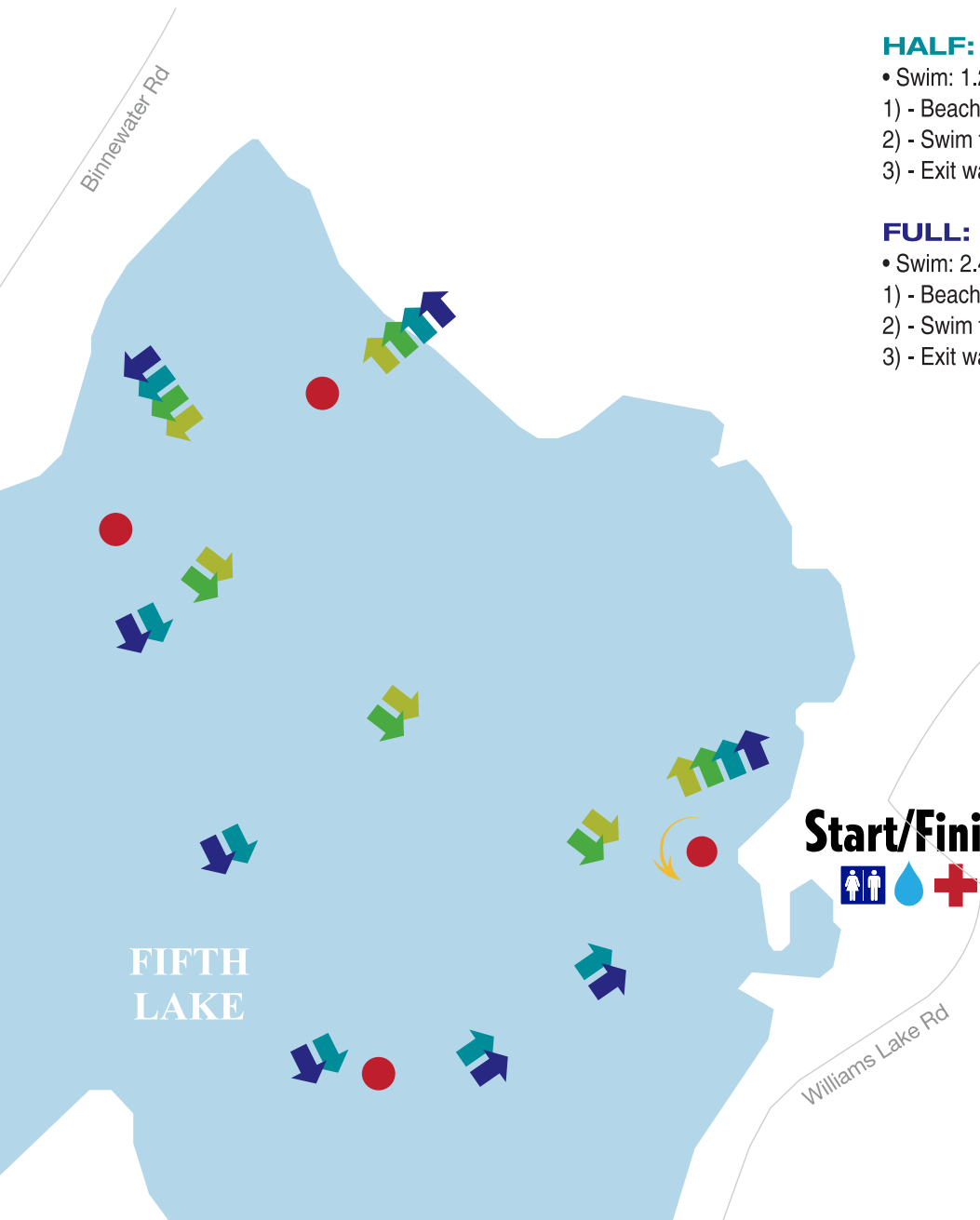


# HITS TRIATHLON SERIES

## Hudson Valley at Williams Lake Swim Course

100 meters/750 meters/1,500 meters/1.2 miles/2.4 miles



### OPEN: Saturday, July 13, 2019

- 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

### SPRINT: Saturday, July 13, 2019

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

### OLYMPIC: Saturday, July 13, 2019

- 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

### HALF: Saturday, July 13, 2019

- 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

### FULL: Saturday, July 13, 2019

- Swim: 2.4 miles (four loops)
- 1) - Beach start at Fifth Lake
- 2) - Swim four loops in counter-clockwise direction
- 3) - Exit water to T1

Course Key	
= Open	= Trail
= Sprint	= Aid Station
= Olympic	= Medical
= Half	= Porta-John
= Full	= Buoy