

HITS TRIATHLON SERIES

Ocala, Florida Swim Course

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

OPEN: Saturday, March 30, 2019

- Swim: 100 meters (out-n-back)
 - 1) – In water start at Carney Island Beach
 - 2) – Swim out-n-back in counter-clockwise direction
 - 3) – Exit water to T1

SPRINT: Saturday, March 30, 2019

- Swim: 750 meters (one loop)
 - 1) – In water start at Carney Island Beach
 - 2) – Swim one loop in counter-clockwise direction
 - 3) – Exit water to T1

OLYMPIC: Saturday, March 30, 2019

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

HALF: Saturday, March 30, 2019

- Swim: 1.2 miles (one loop)
 - 1) – In water start at Carney Island Beach
 - 2) – Swim one loop in counter-clockwise direction
 - 3) – Exit water to T1

FULL: Saturday, 30, 2019

- Swim: 2.4 miles (two loops)
 - 1) – In water start at Carney Island Beach
 - 2) – Swim two loops in counter-clockwise direction
 - 3) – Exit water to T1

Course Key			
Open =	→	Trail =	- - - -
Sprint =	→	Aid Station =	💧
Olympic =	→	Medical =	+
Half =	→	Porta-John =	🚻
Full =	→	Buoy =	●

