



Lake George, NY Swim Course

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

ALPHA SPRINT SWIM

Sunday, September 5, 2021

- Swim: 750 meters (one loop)
- 1) – Beach Start
- 2) – Swim one loop in counter-clockwise direction
- 3) – Exit water to T1

ALPHA OLYMPIC SWIM:

Sunday, September 5, 2021

- Swim: 1,500 meters (two loops)
- 1) – Beach Start
- 2) – Swim two loops in counter-clockwise direction
- 3) – Exit water to T1

70.3 SWIM:

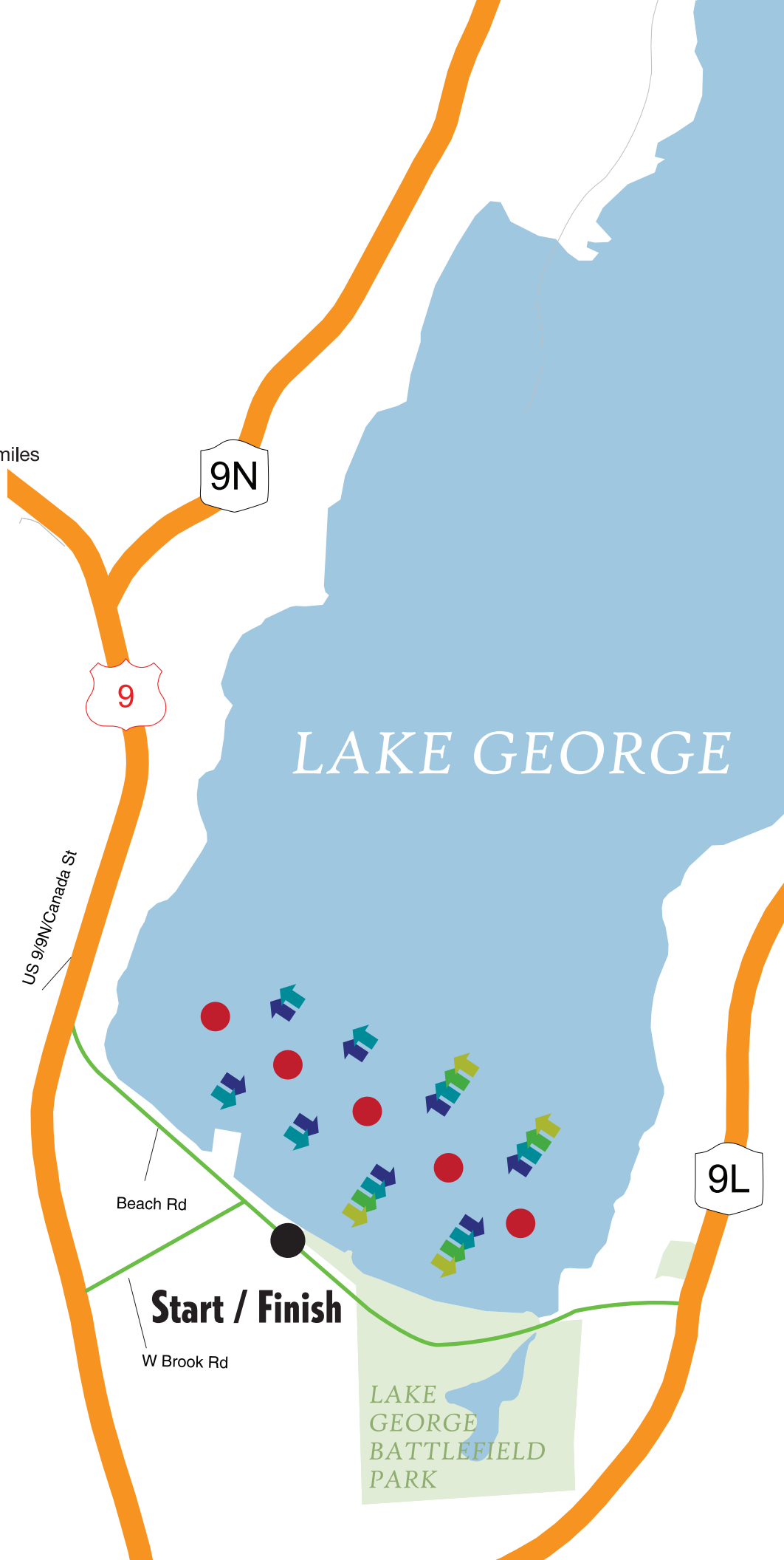
Saturday, September 4, 2021

- Swim 1.2 miles (one loop)
- 1) – Beach Start
- 2) – Swim one loop in counter-clockwise direction
- 3) – Exit water to T1

140.6 SWIM:

Saturday, September 4, 2021

- Swim: 2.4 miles (two loops)
- 1) – Beach Start
- 2) – Swim two loops in counter-clockwise direction
- 3) – Exit water to T1



Course Key			
Sprint =	→	Trail =	---
Olympic =	→	Aid Station =	💧
70.3 =	→	Medical =	+
140.6 =	→	Porta-Potty =	🚻
		Mile Marker =	5

LAKE
GEORGE
BATTLEFIELD
PARK