

# HITS

## TRIATHLON SERIES

Saratoga, New York

### Swim Course

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

#### SPRINT: Saturday, June 29, 2019









- Swim: 750 meters (two loops)
- 1) - Beach start at Fish Creek, Lee's Park
- 2) - Swim two loops in counter-clockwise direction
- 3) - Exit water to T1

#### OLYMPIC: Saturday, June 29, 2019

- Swim: 1,500 meters (four loops)
- 1) - Beach start at Fish Creek, Lee's Park
- 2) - Swim four loops in counter-clockwise direction
- 3) - Exit water to T1

#### HALF: Saturday, June 29, 2019

- Swim: 1.2 miles (four loops)
- 1) - Beach start at Fish Creek, Lee's Park
- 2) - Swim four loops in counter-clockwise direction
- 3) - Exit water to T1

Course Key			
	= Sprint		= Trail
	= Olympic		= Aid Station
	= Half		= Medical
			= Porta-John
			= Mile Marker

