



# LAKE GEORGE

KEEP BOUYS  
ON YOUR LEFT

## ALPHA LONG COURSE SWIM:

- Swim 1.2 miles (two loops)  
1) Beach Start at Million Dollar Beach  
2) Swim two loops in counter-clockwise direction  
3) Exit water to T1 at Dog Beach

## ALPHA SPRINT SWIM:

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

## ALPHA OLYMPIC SWIM:

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

FINISH

Dog Beach

T1

Million Dollar Beach

START

W Brook Rd

Beach Rd

US 9/Canada St



N

0 0.1 0.2 0.3 0.4 0.5 Miles

## LAKE GEORGE TRIATHLON (SWIM)

- ALPHA LONG COURSE
- ALPHA OLYMPIC & SPRINT COURSE
- SPRINT, OLYMPIC, and LONG COURSE FINISHING STRETCH
- BOUYS
- MEDICAL
- AID STATION
- BATHROOMS