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 11, 2020
- 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 11, 2020
- 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 11, 2020
- Swim: 1,500 meters (two loops)

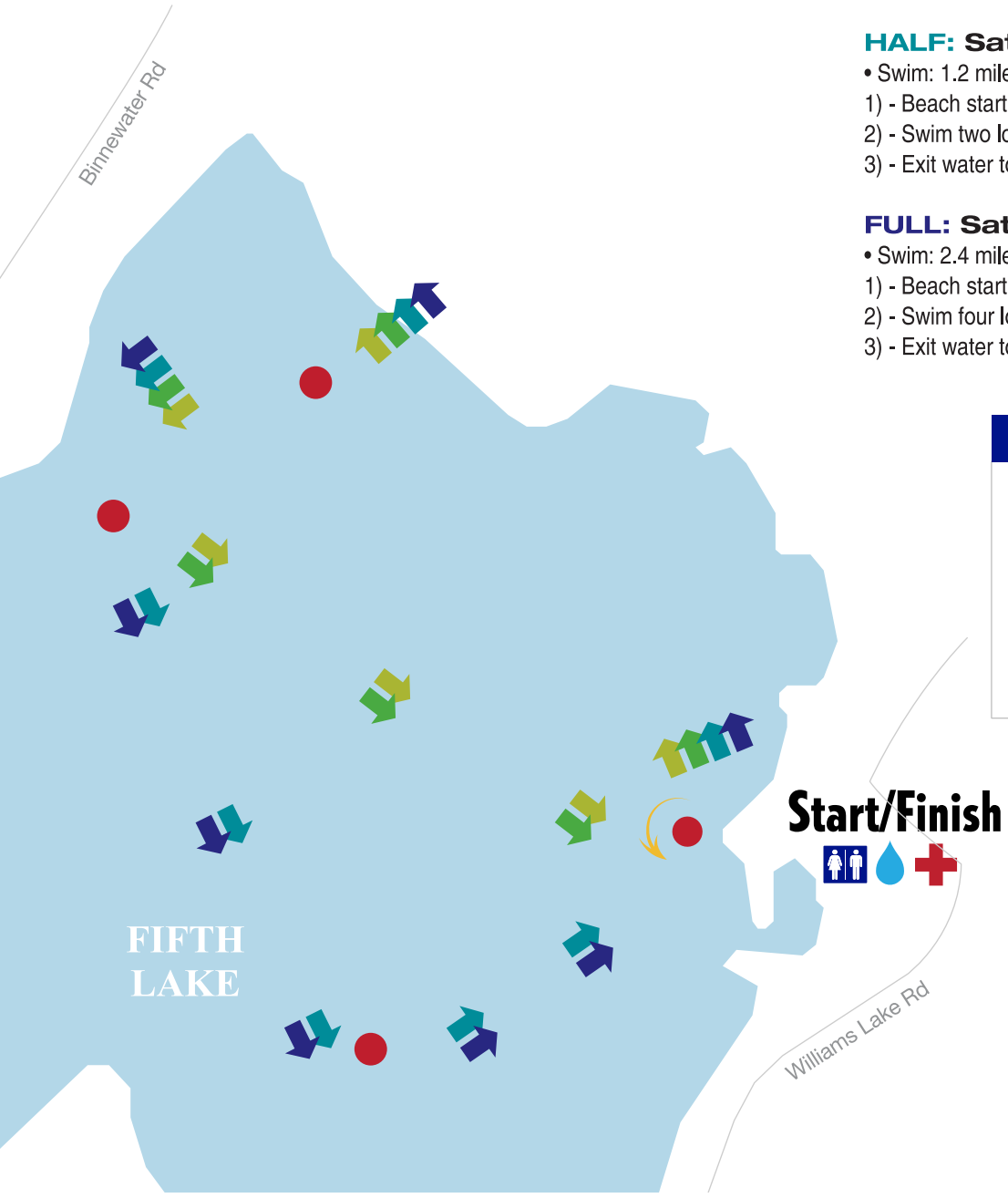
1) - Beach start at Fifth Lake
2) - Swim two loops in counter-clockwise direction
3) - Exit water to T1

HALF: Saturday, July 11, 2020
- 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 11, 2020
- 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-Potty
= Full	= Buoy

HITS ENDURANCE
A distance for everyone!™
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