

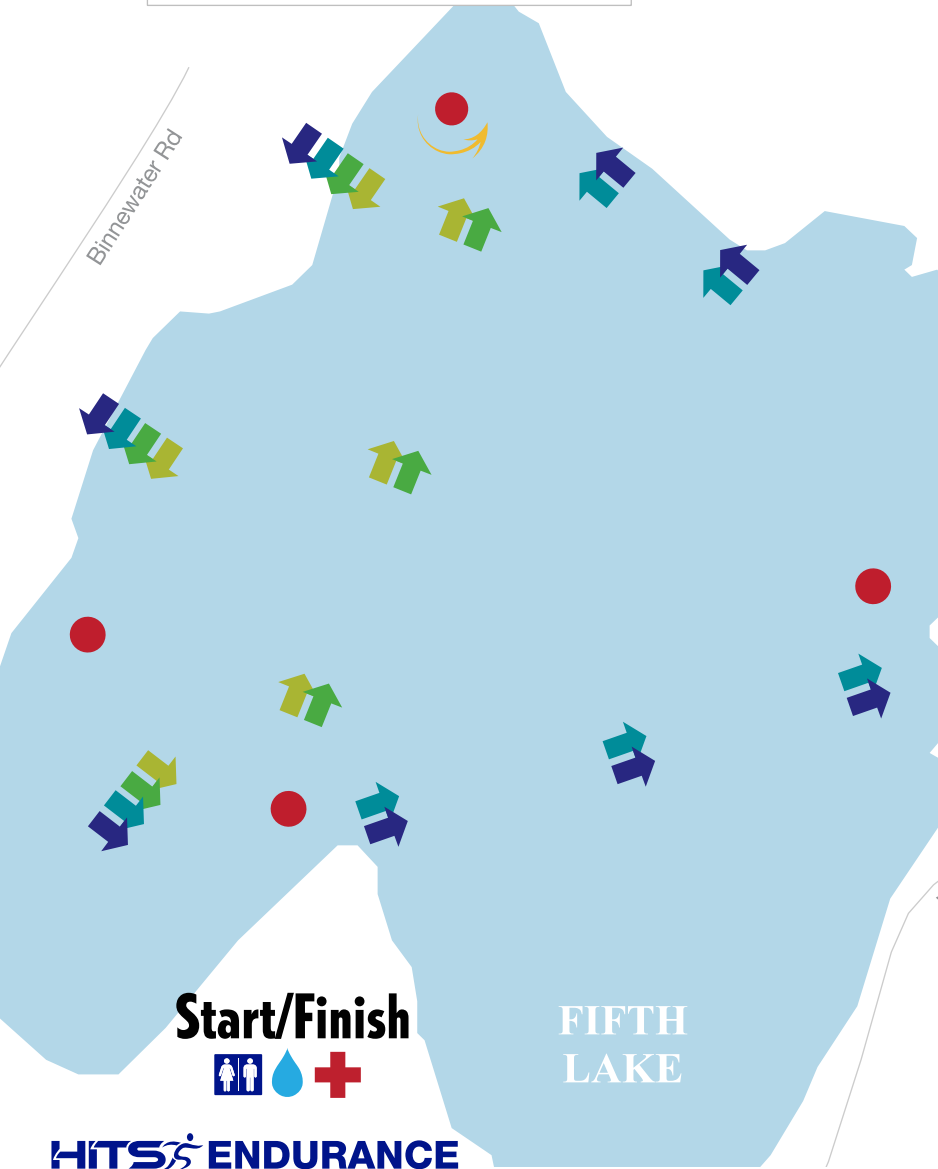
# HITS TRIATHLON SERIES

Hudson Valley at Williams Lake

## Swim Course

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

Course Key			
	= Open		= Trail
	= Sprint		= Aid Station
	= Olympic		= Medical
	= Half		= Porta-Potty
	= Full		= Buoy



### 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

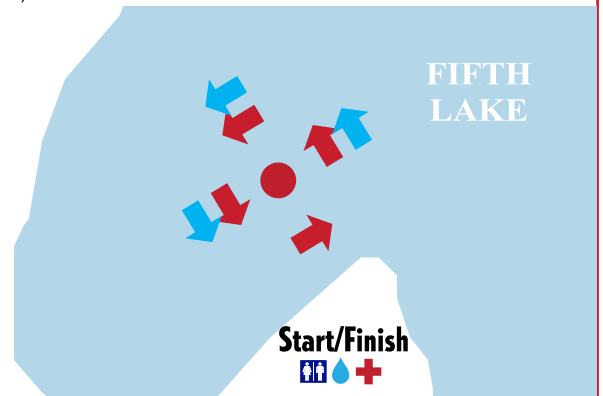
## USA TRIATHLON OPEN AND YOUTH AQUATHLON SERIES

### Ages 7-10: Friday, July 10, 2020

- Swim: 100 meters (one loop)
- 1) - Beach start at Fifth Lake
- 2) - Swim one loop in a counter-clockwise direction
- 3) - Exit water to T1

### Ages 11-15: Friday, July 10, 2020

- Swim: 200 meters (two loops)
- 1) - Beach start at Fifth Lake
- 2) - Swim two loops in a counter-clockwise direction
- 3) - Exit water to T1



**HITS ENDURANCE**  
A distance for everyone!™

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