

LAKE CAHUILLA RECREATION AREA



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



Palm Springs, California Swim Course

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

SPRINT: Saturday, October 31, 2020

- Swim: 750 meters (one loop)
 - 1) - Beach start at Lake Cahuilla Park
 - 2) - Swim one loop in counter-clockwise direction
 - 3) - Exit water to T1

OLYMPIC: Saturday, October 31, 2020

- Swim: 1,500 meters (two loops)
 - 1) - Beach start at Lake Cahuilla Park
 - 2) - Swim two loops in counter-clockwise direction
 - 3) - Exit water to T1

HALF: Saturday, October 31, 2020

- Swim: 1.2 miles (two loops)
 - 1) - Beach start at Lake Cahuilla Park
 - 2) - Swim two loops in counter-clockwise direction
 - 3) - Exit water to T1

FULL: Saturday, October 31, 2020

- Swim: 2.4 miles (four loops)
 - 1) - Beach start at Lake Cahuilla Park
 - 2) - Swim four loops in counter-clockwise direction
 - 3) - Exit water to T1