



## Lake George, NY Swim Course

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

Course Key	
Sprint =	Trail =
Olympic =	Aid Station =
70.3 =	Medical =
140.6 =	Porta-Potty =
	Mile Marker =

### ALPHA SPRINT SWIM

**Saturday, April 3, 2021**

• Swim: 750 meters (one loop)

- 1) – Beach Start
- 2) – Swim one loop in counter-clockwise direction
- 3) – Exit water to T1

### ALPHA OLYMPIC SWIM:

**Saturday, April 3, 2021**

• Swim: 1,500 meters (two loops)

- 1) – Beach Start
- 2) – Swim two loops in counter-clockwise direction
- 3) – Exit water to T1

### 70.3 SWIM:

**Saturday, April 3, 2021**

• Bike: 1.2 miles (one loop)

- 1) – Beach Start
- 2) – Swim one loop in counter-clockwise direction
- 3) – Exit water to T1

### 140.6 SWIM:

**Saturday, April 3, 2021**

• Swim: 2.4 miles (two loops)

- 1) – Beach Start
- 2) – Swim two loops in counter-clockwise direction
- 3) – Exit water to T1

