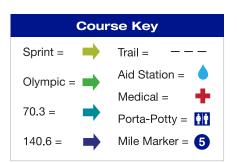


Lake George, NYSwim Course

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



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

