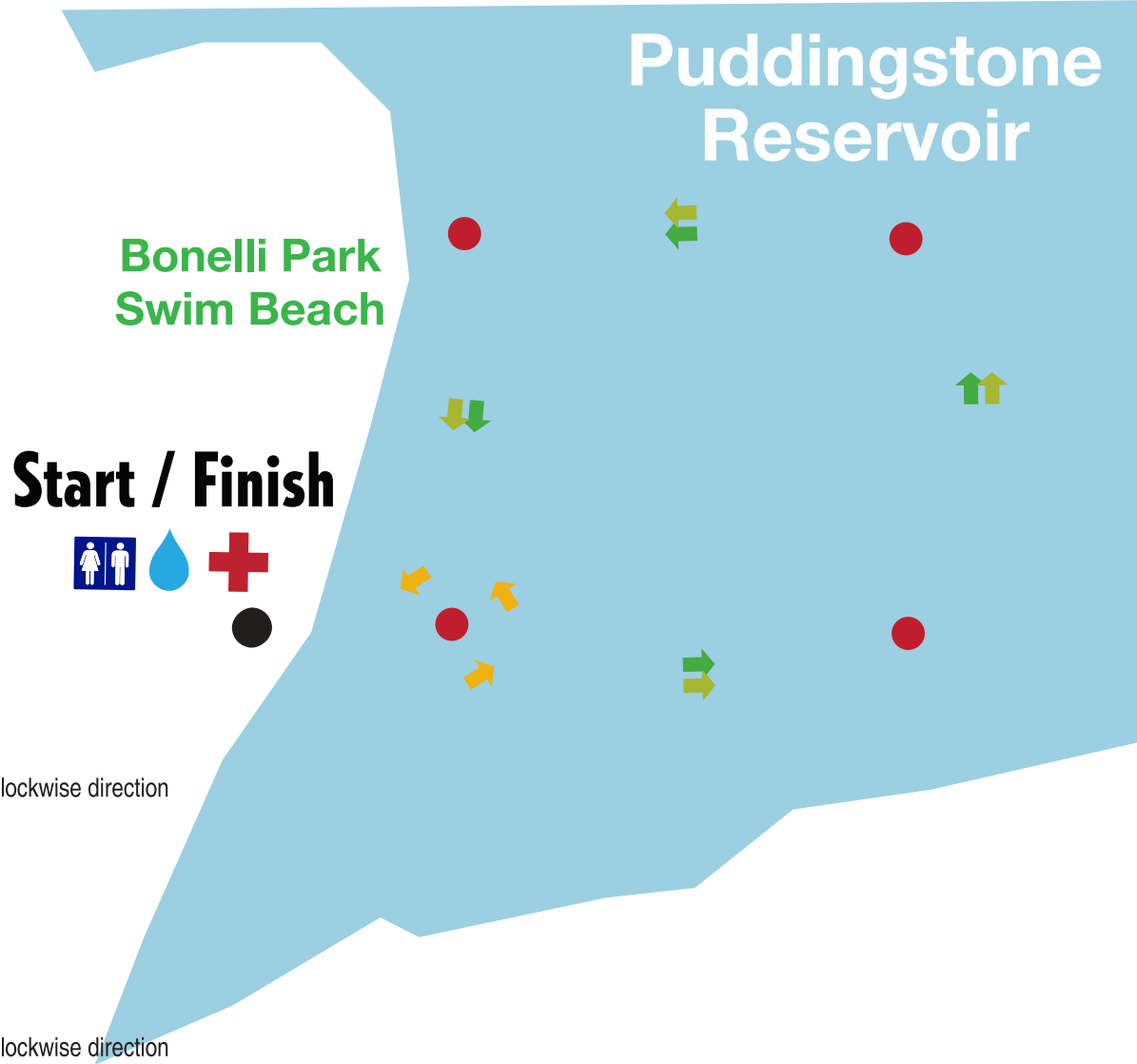




TURKEY TRI San Dimas, CA Swim Course

100 meters/750 meters/1,500 meters

Course Key	
= Alpha Open	= Aid Station
= Alpha Sprint	= Medical
= Alpha Olympic	= Porta-Potty
	= Buoy



ALPHA OPEN:

- Swim: 100 meters (one loop)
 - 1) – In water start
 - 2) – Swim one loop in counterclockwise direction
 - 3) – Exit water to T1

ALPHA SPRINT:

- Swim: 750 meters (one loop)
 - 1) – In water start
 - 2) – Swim one loop in counterclockwise direction
 - 3) – Exit water to T1

ALPHA OLYMPIC:

- Swim: 1,500 meters (two loops)
 - 1) – In water start
 - 2) – Swim two loops in counterclockwise direction
 - 3) – Exit water to T1

