

June Lake, CA Swim Course

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

Start / Finish Pine Cliff Rd / June Lake Beach Rd June Lake Beach June Lak

ALPHA KIDS MINI SPRINT:

- . Swim: 50 meters (one loop)
- 1) In water start
- 2) Swim one loop in clockwise direction
- 3) Exit water to T1

ALPHA SPRINT:

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

ALPHA OLYMPIC:

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

ALPHA 70.3:

- . Swim: 1.2 miles (two loops)
- 1) In water start
- 2) Swim two loops in clockwise direction
- 3) Exit water to T1

