ALPHA

Lake San Antonio, CA

Swim Course

750 meters/1,500 meters/1.2 miles

Boat launching facility

Start/Finish

Lynch Rd

Lynch Play Ground

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

ALPHA 70.3:
- Swim: 1.2 miles (two loops)
1) - In water start
2) - Swim two loops in counterclockwise direction
3) - Exit water to T1

Course Key

➡ = Alpha Sprint	– – – = Trail	
💧 = Aid Station		
➡ = Alpha Olympic	➕ = Medical	
➡ = Alpha Half	🚻 = Porta-Potty	