ALPHA

Saugerties, NY
Swim Course
100 meteres/200 meters/750 meters/1,500 meters

ALPHA SPRINT:
Monday, October 11, 2021
- Swim: 750 meters (two loops)
1) – In water start
2) – Swim two loops in counterclockwise direction
3) – Exit water to T1

ALPHA OLYMPIC:
Monday, October 11, 2021
- Swim: 1,500 meters (four loops)
1) – In water start
2) – Swim four loops in counterclockwise direction
3) – Exit water to T1

USA TRIATHLON
SPLASH AND DASH
YOUTH AQUATHLON SERIES

Ages 7-10:
Monday, October 11, 2021
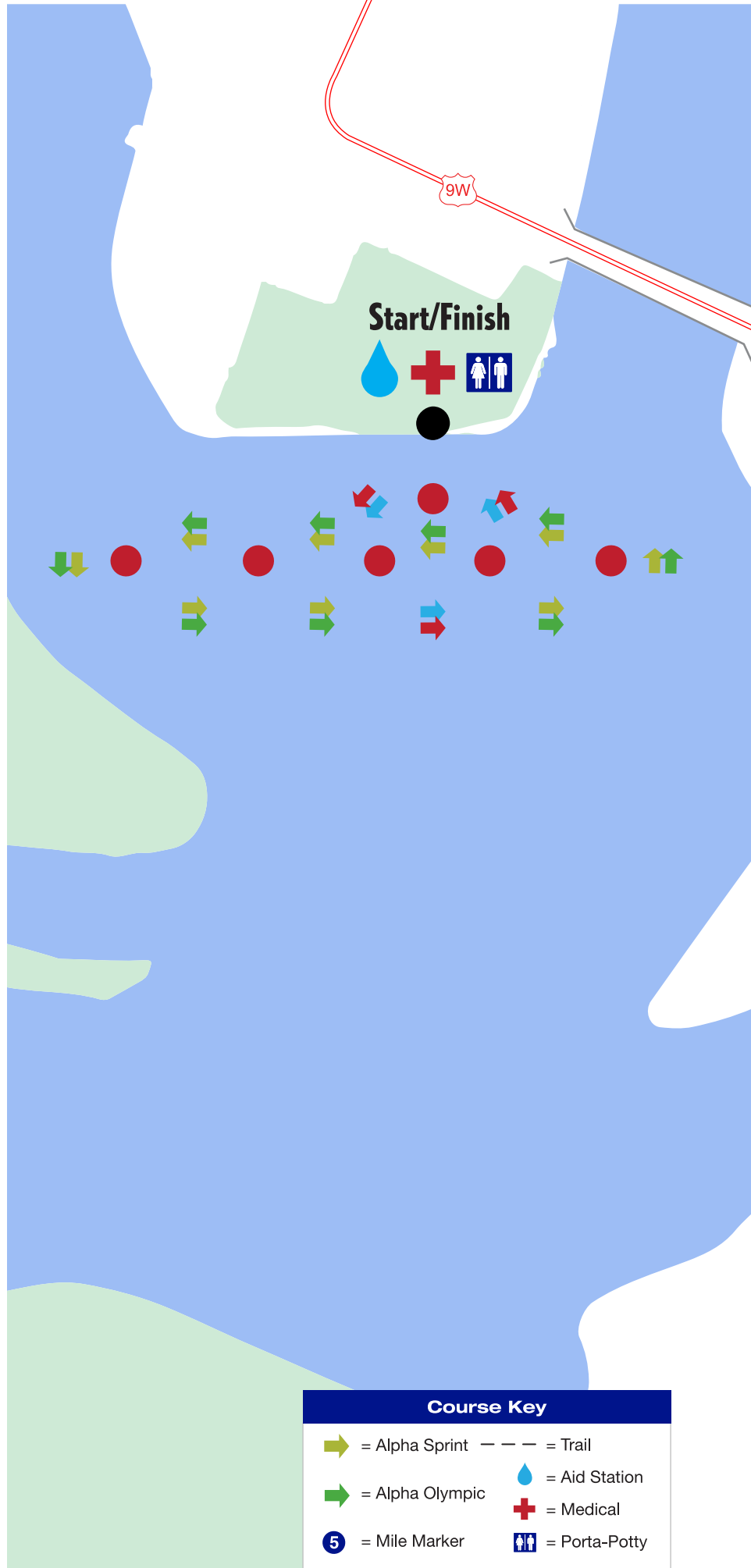- Swim 100 meters (one loop)
1) – Beach Start
2) – Swim one loop in a counterclockwise direction
3) – Exit water to begin Run

Ages 11-15:
Monday, October 11, 2021
- Swim 200 meters (two loops)
1) – Beach Start
2) – Swim two loops in a counterclockwise direction
3) – Exit water to begin Run

9W

Start/Finish

Course Key

→ = Alpha Sprint	– – – = Trail
	💧 = Aid Station
→ = Alpha Olympic	✚ = Medical
5 = Mile Marker	= Porta-Potty