



## Saugerties, NY Swim Course

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

### ALPHA OPEN:

- Swim: 100 meters (one loop)
- 1) - In water start
  - 2) - Swim one loop in counterclockwise direction around red buoy
  - 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

### ALPHA LONG COURSE:

- Swim: 1.2 miles (two loops)
- 1) - In water start
  - 2) - Swim two loops in counterclockwise direction around far right buoy
  - 3) - Exit water to T1