

HUDSON RIVER

KEEP BOUYS ON YOUR LEFT

E Bridge St

FINISH

START

2x
OLYMPIC
ATHLETES
ONLY

2x



0 0.04 0.08 0.12 0.16 0.2 Miles



ALPHA OPEN:
Swim: 100 meters (one loop)
1) In water start
2) Swim one loop in counterclockwise direction around 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

SAUGERTIES TRIATHLON (SWIM)

- ALPHA LONG COURSE
- ALPHA OLYMPIC & SPRINT COURSE
- ALPHA OPEN
- BOUYS
- MEDICAL
- AID STATION
- BATHROOMS