



Grand Junction, Colorado Swim Course

750 meters/1,500 meters/1.2 miles

ALPHA SPRINT: Saturday, June 11, 2022

- Swim: 750 meters (one loop)
 - 1) - Start at Boat Ramp on West Side of Lake
 - 2) - Swim one loop in counter-clockwise direction
 - 3) - Exit water to T1

ALPHA OLYMPIC: Saturday, June 11, 2022







- Swim: 1,500 meters (two loops)
 - 1) - Start at Boat Ramp on West Side of Lake
 - 2) - Swim two loops in counter-clockwise direction
 - 3) - Exit water to T1

ALPHA 70.3: Saturday, June 11, 2022

- Swim: 1.2 miles (one loop)
 - 1) - Start at Boat Ramp on West Side of Lake
 - 2) - Swim one loop in counter-clockwise direction
 - 3) - Exit water to T1

  
Start / Finish

Highline Lake

Course Key	
Sprint = 	Trail = - - - -
Olympic = 	Aid Station = 
70.3 = 	Medical = 
Buoy = 	Porta-Potty = 