



Lake George, NY Swim Course

750 meters/1,500 meters/1.2 miles

70.3 SWIM:

Saturday, September 3, 2022

- Swim 1.2 miles (two loop)
- 1) – Beach Start
- 2) – Swim two loops in counter-clockwise direction
- 3) – Exit water to T1

ALPHA SPRINT SWIM








Sunday, September 4, 2022

- Swim: 750 meters (one loop)
- 1) – Beach Start
- 2) – Swim one loop in counter-clockwise direction
- 3) – Exit water to T1

ALPHA OLYMPIC SWIM:

Sunday, September 4, 2022

- Swim: 1,500 meters (two loops)
- 1) – Beach Start
- 2) – Swim two loops in counter-clockwise direction
- 3) – Exit water to T1

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