



Saugerties, NY Swim Course

100 meters/200 meters/750 meters/1,500 meters

ALPHA SPRINT:

Monday, October 10, 2022

• 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 10, 2022

• Swim: 1,500 meters (four loops)

- 1) – In water start
- 2) – Swim four loops in counterclockwise direction
- 3) – Exit water to T1

