



Saugerties, NY
Swim Course

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

ALPHA SPRINT:

Monday, October 10, 2022

- Swim: 750 meters (one 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 (two loops)
- 1) – In water start
- 2) – Swim four loops in counterclockwise direction
- 3) – Exit water to T1

ALPHA 70.3:

Monday, October 10, 2022

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



Ages 7-10:

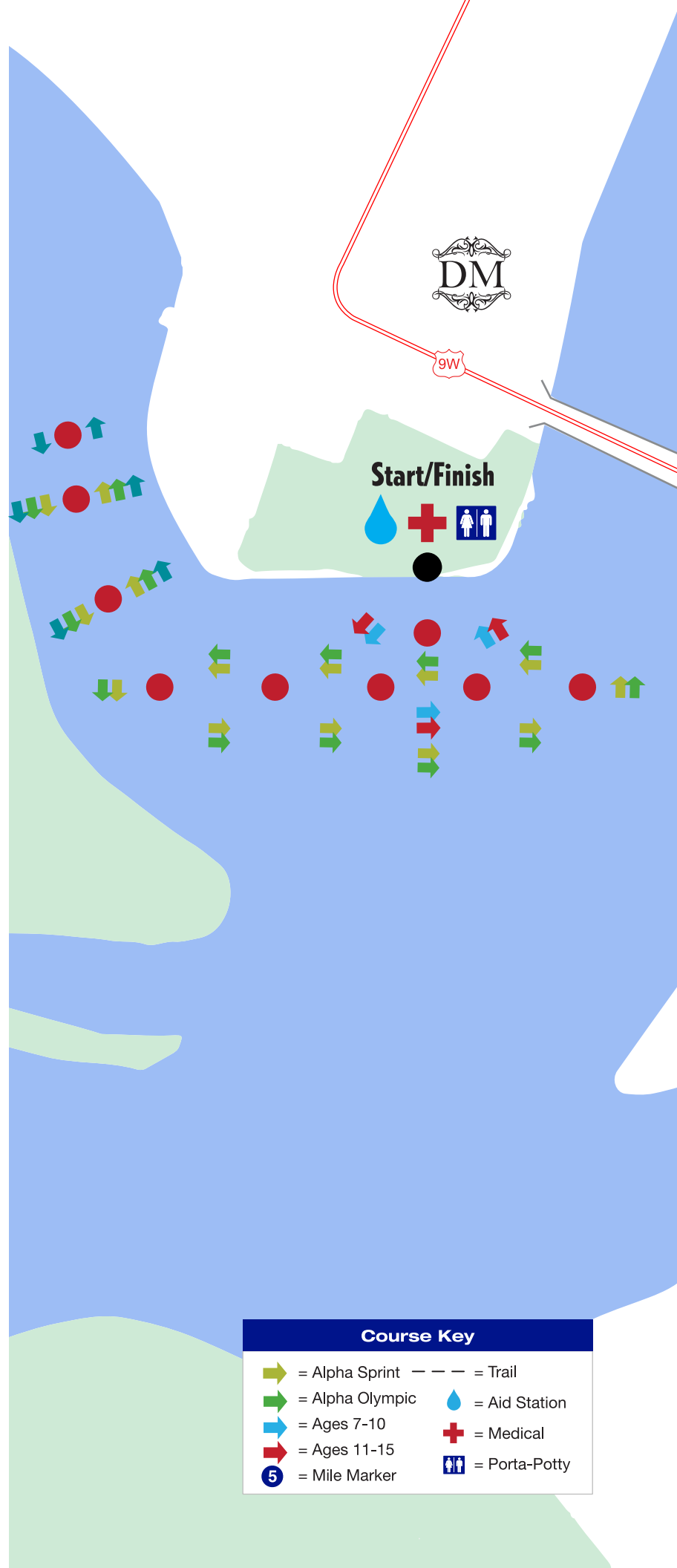
Monday, October 10, 2022

- Swim 100 meters (one loop)
- 1) – Beach Start
- 2) – Swim one loop in a counterclockwise direction
- 3) – Exit water to begin Run

Ages 11-15:

Monday, October 10, 2022

- Swim 200 meters (two loops)
- 1) – Beach Start
- 2) – Swim two loops in a counterclockwise direction
- 3) – Exit water to begin Run



Course Key			
	= Alpha Sprint		= Trail
	= Alpha Olympic		= Aid Station
	= Ages 7-10		= Medical
	= Ages 11-15		= Porta-Potty
	= Mile Marker		