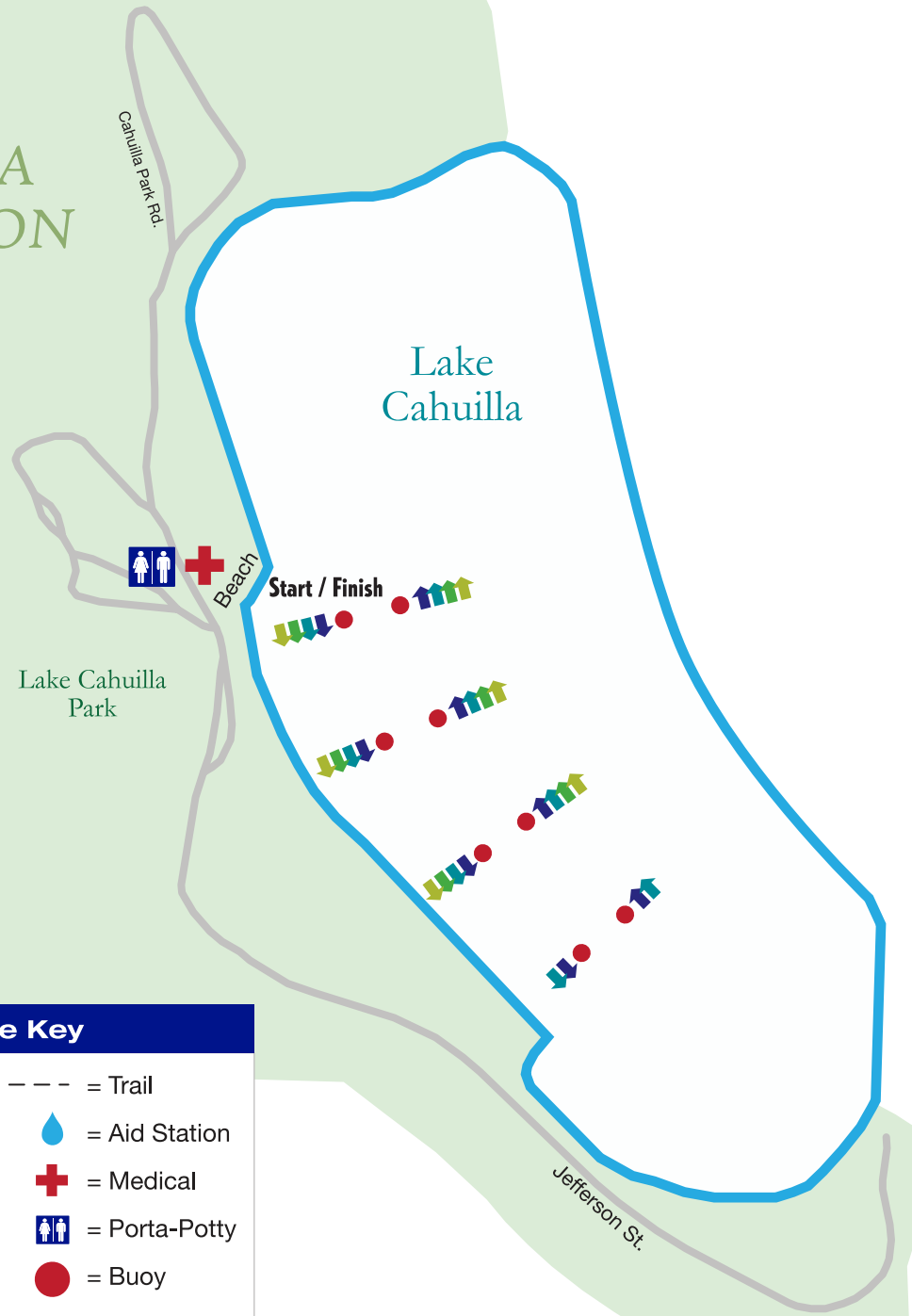


LAKE CAHUILLA RECREATION AREA



Palm Springs, California Swim Course

100 meters/750 meters/1,500 meters/1.2 miles/2.4 miles



ALPHA SPRINT: Saturday, October 22, 2022

- Swim: 750 meters (one loop)
 - 1) - Beach start at Lake Cahuilla Park
 - 2) - Swim one loop in counter-clockwise direction
 - 3) - Exit water to T1

ALPHA OLYMPIC: Saturday, October 22, 2022

- Swim: 1,500 meters (two loops)
 - 1) - Beach start at Lake Cahuilla Park
 - 2) - Swim two loops in counter-clockwise direction
 - 3) - Exit water to T1

ALPHA 70.3: Saturday, October 22, 2022

- Swim: 1.2 miles (two loops)
 - 1) - Beach start at Lake Cahuilla Park
 - 2) - Swim two loops in counter-clockwise direction
 - 3) - Exit water to T1

ALPHA 140.6: Saturday, October 22, 2022

- Swim: 2.4 miles (four loops)
 - 1) - Beach start at Lake Cahuilla Park
 - 2) - Swim four loops in counter-clockwise direction
 - 3) - Exit water to T1

Course Key

- | | |
|-----------------|---------------|
| = Alpha Sprint | = Trail |
| = Alpha Olympic | = Aid Station |
| = Alpha 70.3 | = Medical |
| = Alpha 140.6 | = Porta-Potty |
| | = Buoy |