



Bolton Landing, NY

Swim Course

SPRINT SWIM

Bike: 750 Meters Miles (1 Loop)

- 1) In water Start
- 2) Swim 1 loop around all buoys in a counterclockwise direction
- 3) Exit to T1

OLYMPIC SWIM

Bike: 1,500 Meters (2 Loops)

- 1) In water Start
- 2) Swim 2 loop around all buoys in a counterclockwise direction
- 3) Exit to T1