







A3 PERFORMANCE SWIM COURSE

Half Iron: 2 Laps | 1900 m

Olympic: 2 Laps | 1500 m



LEGEND

-  **Half Iron Course**
(1900 m, 1.2 miles)
Orange Buoys
-  **Olympic Course**
(1500 m, 0.93 miles)
Orange/Yellow Buoys
-  **Intermediate Buoys**
-  **Swim Start**
-  **Swim Exit**
-  **To Transition**

