

A3 PERFORMANCE SWIM COURSE








Half Iron: 2 Laps | 1900 m

Olympic: 2 Laps | 1500 m

Sprint: 1 Lap | 400 m



LEGEND

-  Half Iron Course
(1900 m, 1.2 miles)
Orange Buoys
-  Olympic Course
(1500 m, 0.93 miles)
Orange/Yellow Buoys
-  Sprint Course
(400 m, 0.25 miles)
Southernmost
Orange Buoys
-  Intermediate Buoys
-  Swim Start
-  Swim Exit
-  To Transition

