

A3 PERFORMANCE SWIM COURSE


Half Iron: 2 Laps | 1900 m

Olympic: 2 Laps | 1500 m


Sprint: 1 Laps | 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

