

Tri Nashville Triathlon: Centennial Park & Sportsplex

Swim Course: 200 meters

- Four double wide 50 meter lanes
- Swimmers start on average of 4.5 second intervals
- Start time is based on assigned racer number (1, 2, 3, etc..)
- **Relay swimmers start first**
- **Aquathlon participants will start the swim LAST**
- Swimmers go one length, change direction for next length, etc...
- Participants complete 4 lengths x 50 meters = 200 meters
- Pass swimmers on the left
- Exit pool out doors adjacent to 25th Avenue North

