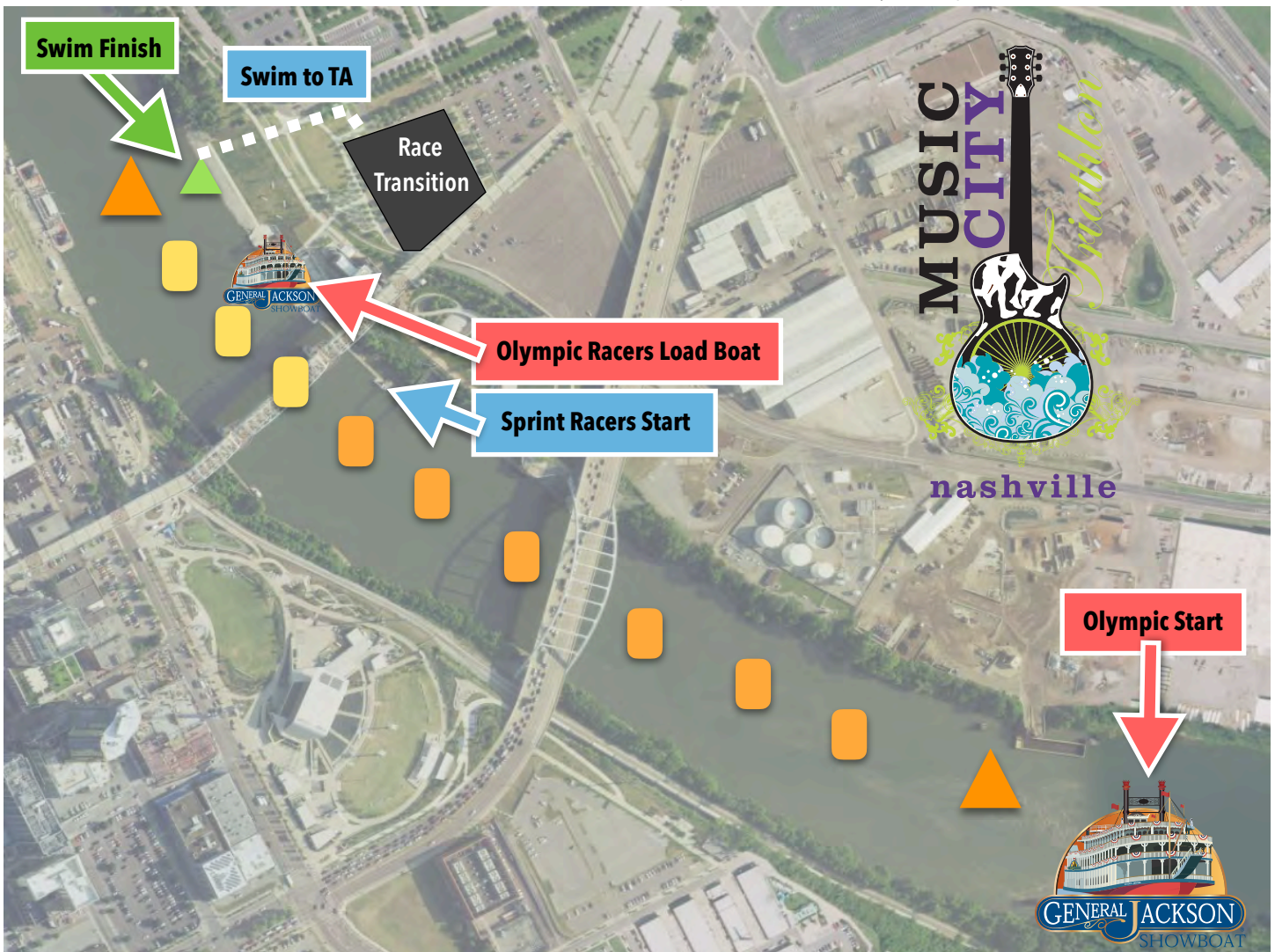


MUSIC CITY TRIATHLON SWIM COURSES: Sprint 300 meters | Olympic 1100 meters



SWIM COURSE DESCRIPTION

SPRINT (300 METERS)

- Start on East Bank Boat Dock
- Point-to-Point Swim with river current
- Interval Start by Race Number
- Yellow Buoys will mark course - keep buoys on your LEFT
- Large Orange Triangle marks final turn into swim exit
- Exit at East Bank Landing Area
- Run up grassy hill to race transition area in Lower Lot R

OLYMPIC (1100 METERS)

- Board the General Jackson Showboat adjacent to the East Bank Dock
- Cruise up river to General Jackson tie off area
- Interval Start by Race Number Jump from side of General Jackson
- Point-to-Point Swim with river current
- Swim to Large Orange Triangle Buoy and pass on your left
- Course is marked with Orange Buoys until it joins the Sprint Course
- Keep all Buoys on your LEFT
- Exit at East Bank Landing Area
- Run up grassy hill to race transition area in Lower Lot R

NOTES:

- Everyone must wear provided swim cap
- Swim cap colors distinguish race
- A special cap color will be offered to anyone desiring special attention
- If you have a latex allergy, please bring your own swim cap!
- PUMP ARM INTO THE AIR IF YOU NEED ASSISTANCE



Challenge Yourself