

**CHATTANOOGA WATERFRONT TRIATHLON SWIM COURSE:** Sprint (400 meters | 0.25 miles) / Intermediate (1500 meters)



**SPRINT COURSE**



**INTERMEDIATE COURSE**



**Swim Course Description:**

**NOTES:**

- Everyone must wear provided swim cap
- Swim cap colors distinguish race distance
- A special cap color will be offered to anyone desiring special attention

**SPRINT (0.25 MILES | 400 METERS) / INTERMEDIATE (1500 METERS)**

- Sprint Start on boat dock under the Market Street & Walnut Street Bridges
- Intermediate Start further upstream at the Mankier Patten Tennis Center Dock
- Point-to-Point Swim down stream, with river current
- Interval Start by Race Number - assigned based on estimated swim time
- Buoys will mark course approximately every 100 meters - keep buoys on your LEFT
- Exit the river at stairs, just below the main staging area
- Follow concrete stairs up hill to race transition area across Riverfront Parkway