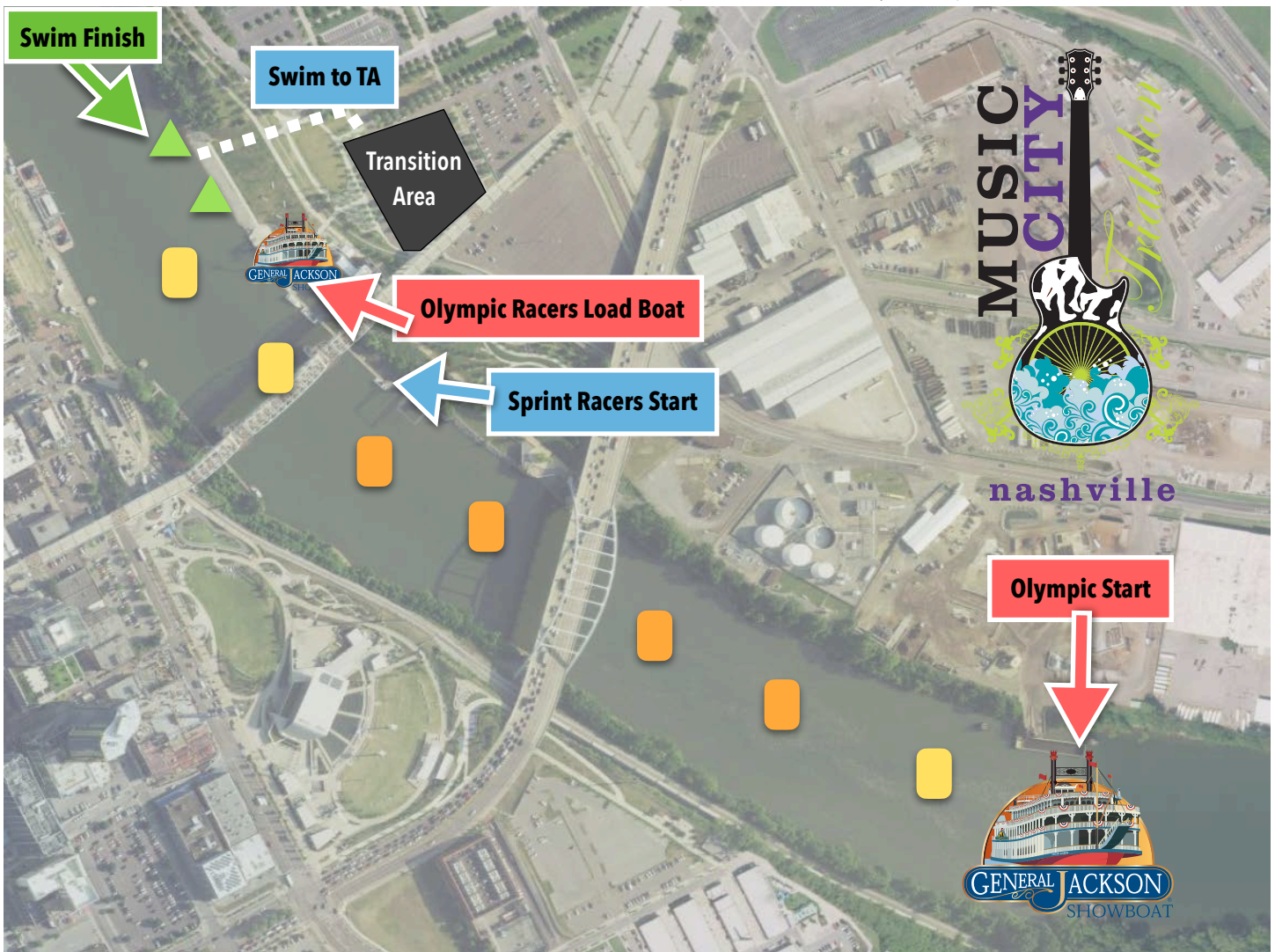


MUSIC CITY TRIATHLON SWIM COURSES: Sprint 300 meters | Olympic 1100 meters



SWIM COURSE DESCRIPTION

SPRINT (300 METERS)

- Start on East Bank Boat Dock
- Point-to-Point Swim with river current
- Interval Start - Jump from the East Bank Dock
- Yellow Buoys will mark course - keep buoys on **LEFT**
- Exit at East Bank Landing Area between two green triangle buoys
- 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 - Jump from side of General Jackson
- Point-to-Point Swim with river current
- Swim to Yellow 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 between two green triangle buoys
- Run up grassy hill to race transition area in Lower Lot R

NOTES:

- Swimmers must wear provided swim cap*
- Swimmers with *Latex Allergies are advised to bring their own swim cap
- Olympic & Sprint Distance wear different swim cap colors
- A special cap color will be offered to anyone desiring special attention
- SWIMMERS PUMP ARM INTO THE AIR FOR ASSISTANCE



Challenge Yourself