

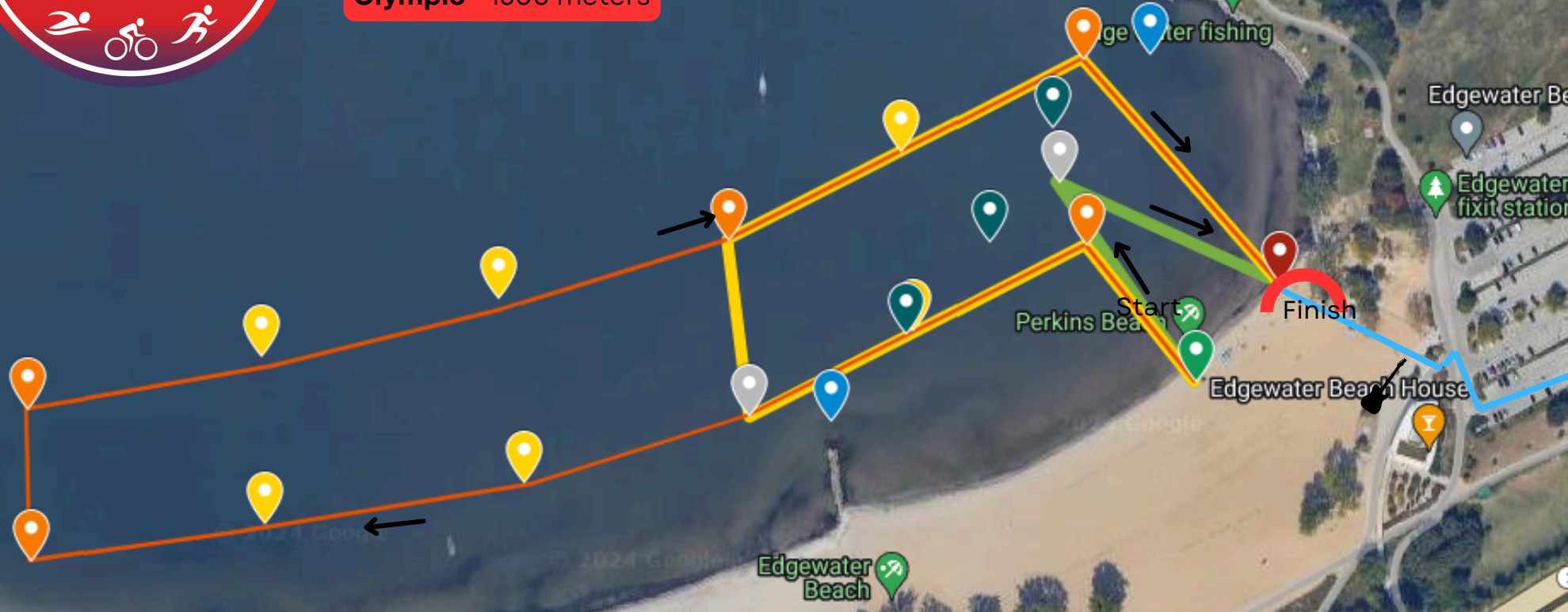


## Swim Courses

Super Sprint - 250 yards

Sprint - 750 meters

Olympic - 1500 meters



### Sprint and Olympic

- The 1st Orange buoy is a LEFT turn
- All other turns are RIGHT and buoys will be on your right.
- All Yellow buoys are for sighting
- Sprint RIGHT turn at 2nd WHITE buoy, Olympic continues straight
- Olympic turns RIGHT at 2nd and 3rd Orange buoys
- Sprint and Olympic MERGE at 4th Orange Buoy
- 5th Orange buoy is the final turn to finish

### Super Sprint

- Swim to WHITE buoy while keeping the 1st Orange buoy on your left.
- Sharp RIGHT U-Turn at WHITE buoy

**Courses are subject to change  
Under USAT Rules Athletes are responsible  
to know the course  
Last update March 3, 2025**