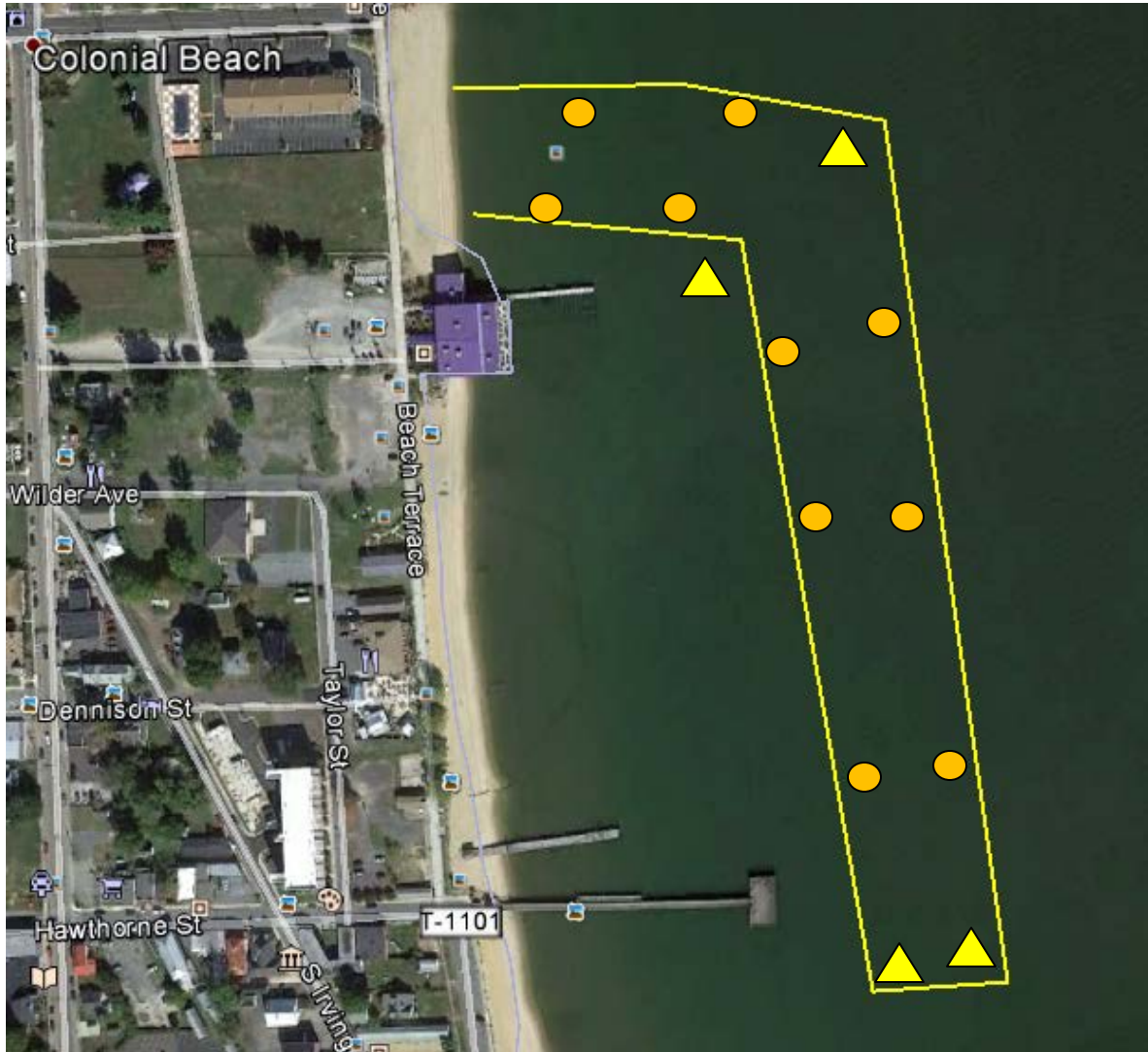


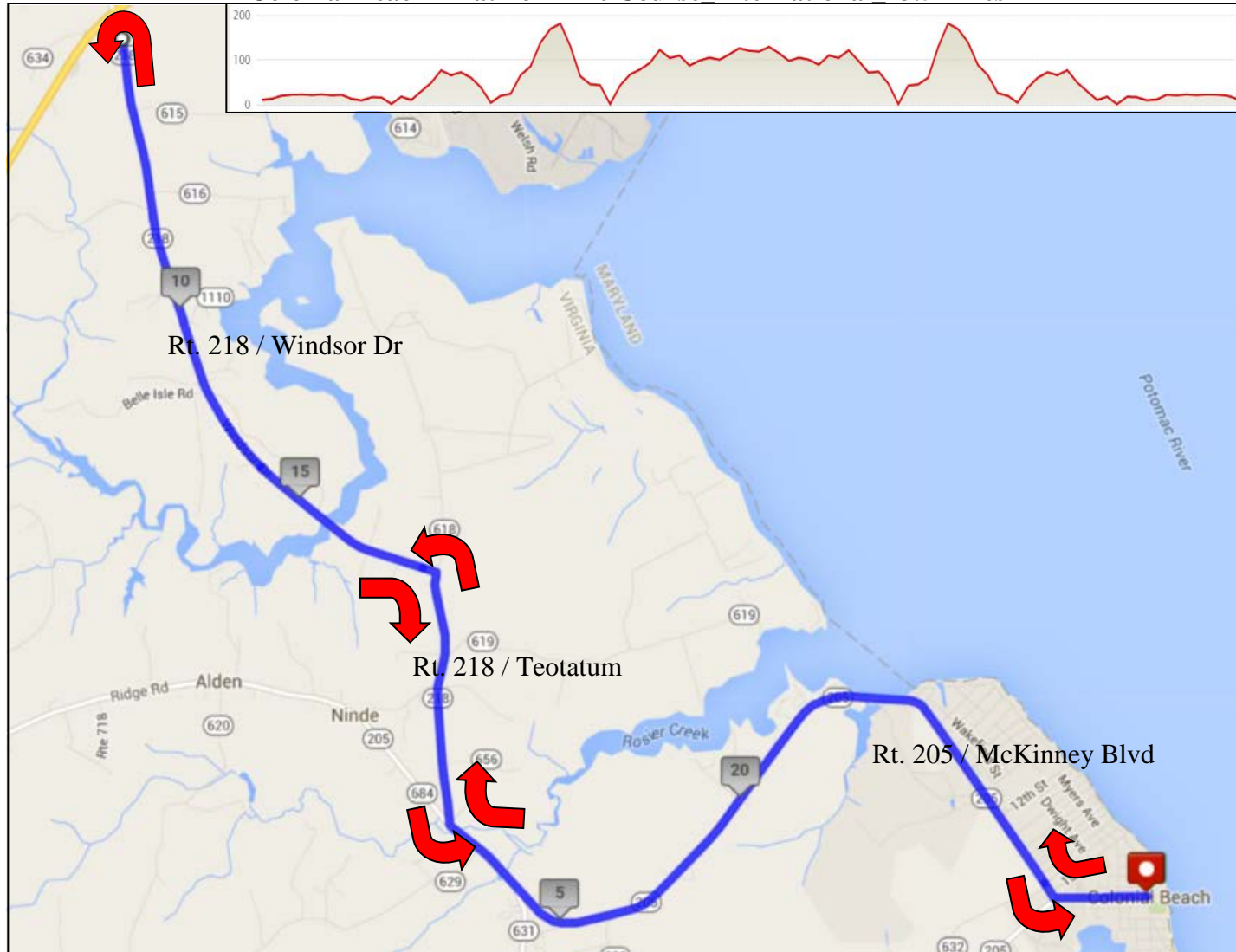
Colonial Beach Triathlon Swim Course_1500 Meters



Course is approximate. Swim direction can be reversed due to current/tide situation.

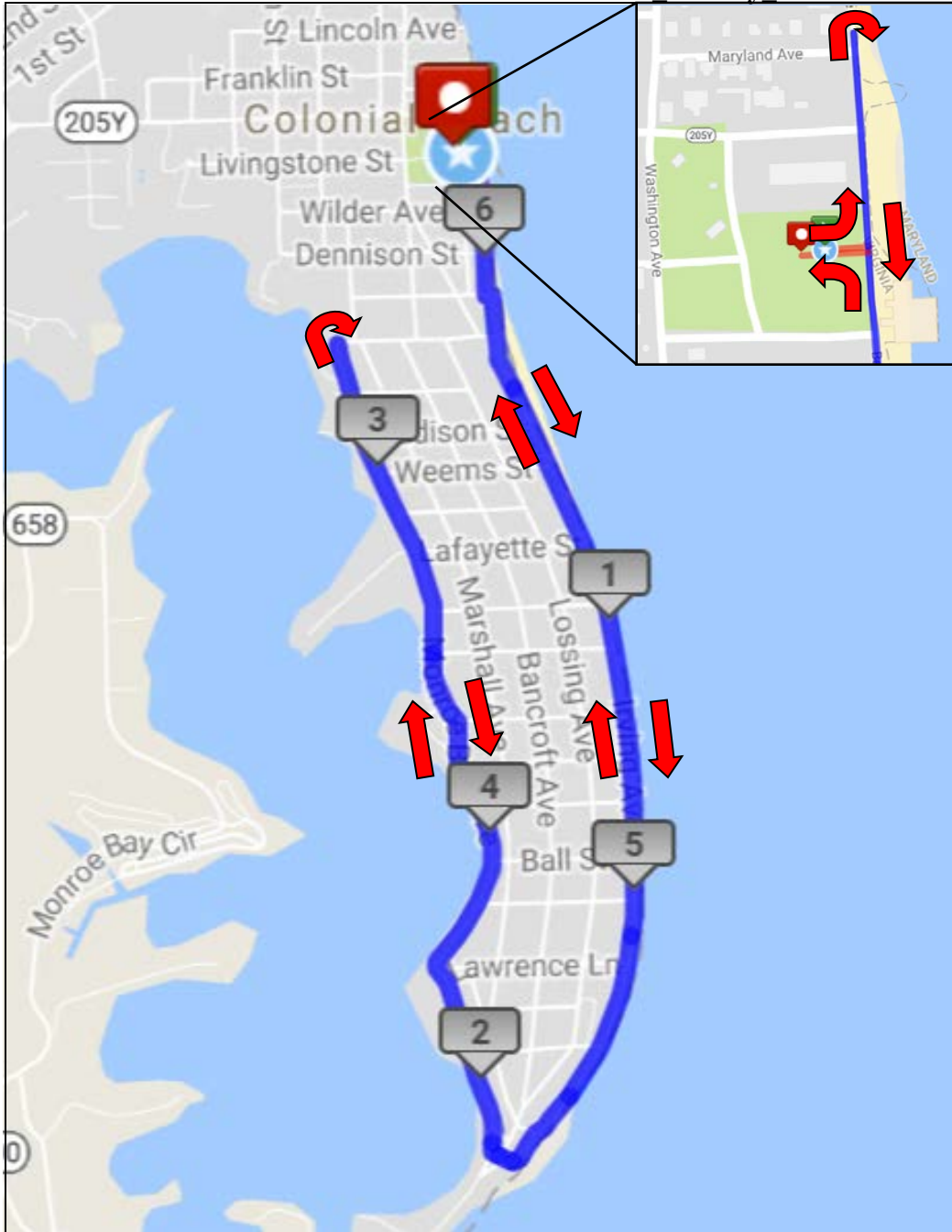
- Yellow buoys are turn buoys – You must go around these in the corners!
- Orange buoys are for sighting only – You may go on either side of the orange buoys.
- If you need assistance, relax, roll on your back, place your hand in the air and our team will come to you.

Colonial Beach Triathlon Bike Course International 23.5 Miles



Smithfield Sprint - Richmond Sprint - Angels Race - Smith Mountain Lake - Kinetic Triathlon Festival
 Rock Hall Triathlon - Jamestown Triathlon & Gran Fondo - General Smallwood Triathlon - Bath County
 Colonial Beach Triathlon - Culpeper Triathlon & Gran Fondo - Druid Hill - Patriots Triathlon
 SavageMan Triathlon - Giant Acorn Triathlon - Waterman's Triathlon
 www.vtsmts.com

Colonial Beach Triathlon International Run Course Sunday 6.2 Miles





Smithfield Sprint - Richmond Sprint - Smith Mountain Lake - Kinetic Triathlon Festival
 General Smallwood Triathlon - Rock Hall Triathlon - Jamestown Triathlon - St. Mary's Triathlon
 Colonial Beach Triathlon - Culpeper Triathlon & Gran Fondo - Patriots Triathlon - SavageMan Triathlon
 Giant Acorn Triathlon - Waterman's Triathlon - Liberty Triathlon