

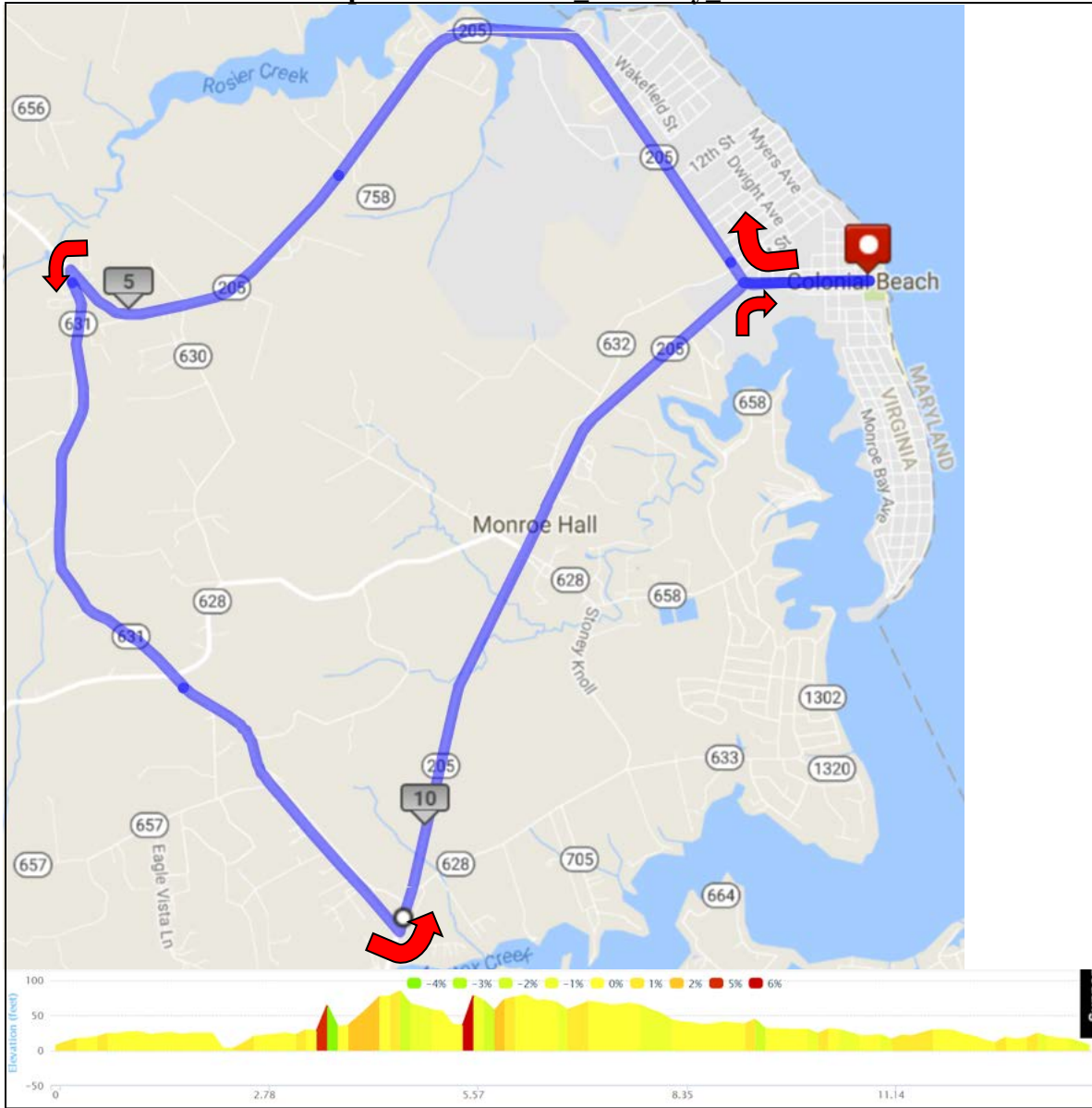
### Colonial Beach Triathlon Swim Course\_750 Meters



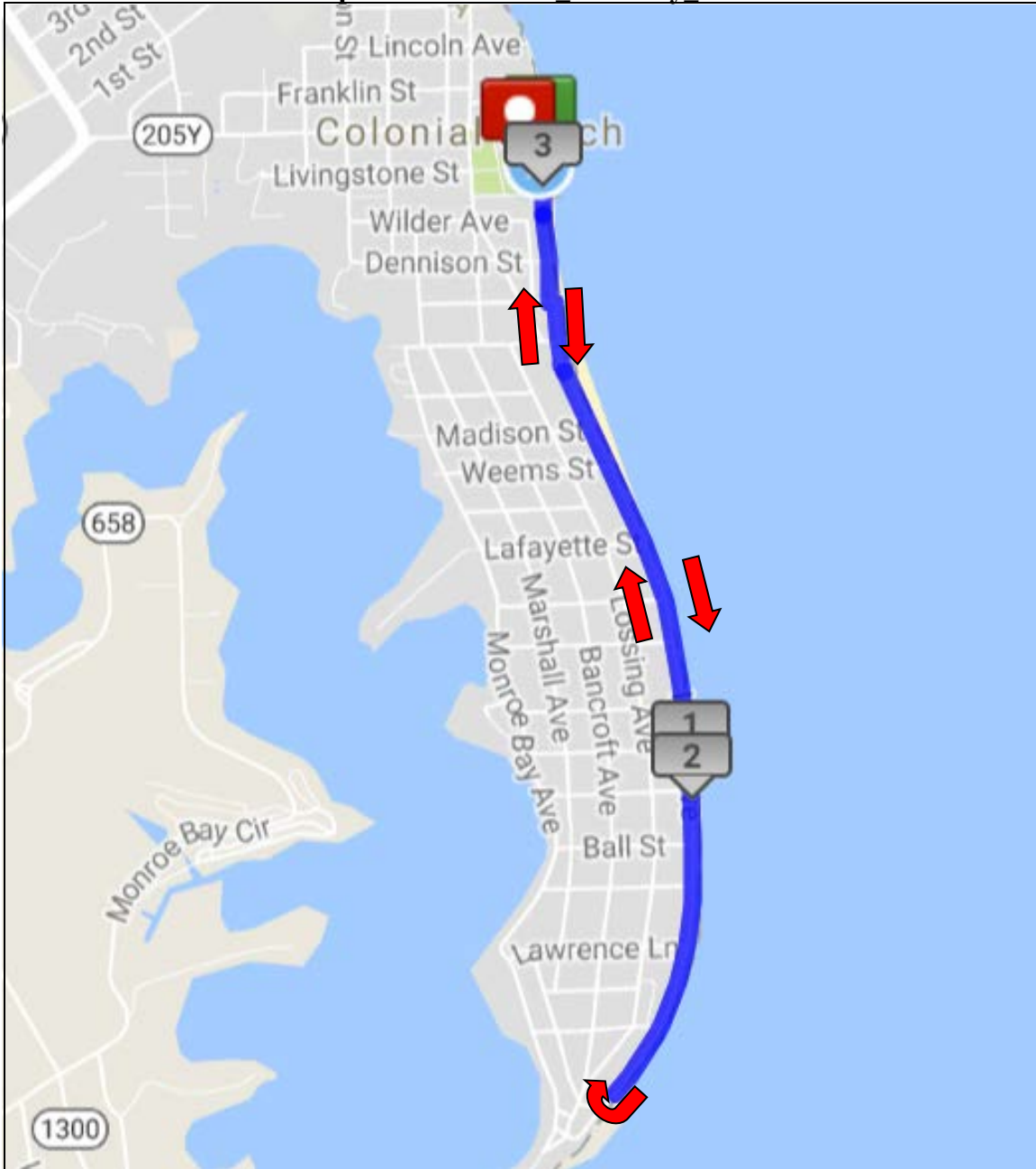
*Course is approximate. Swim direction can be reversed due to current/tide situation.*

- 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 Sprint Bike Course Saturday 14 Miles**



**Colonial Beach Triathlon Sprint Run Course Saturday 3.1 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