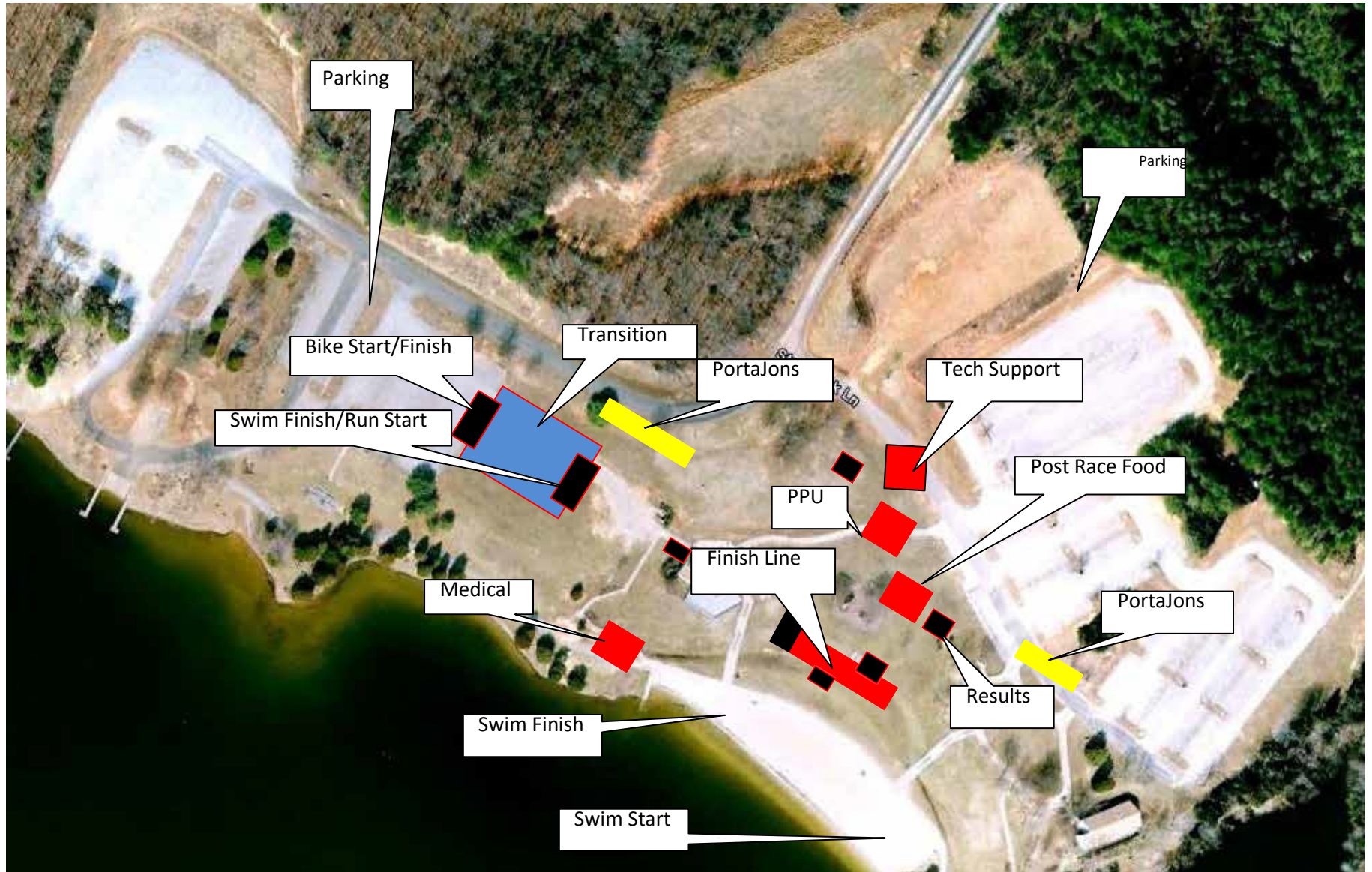
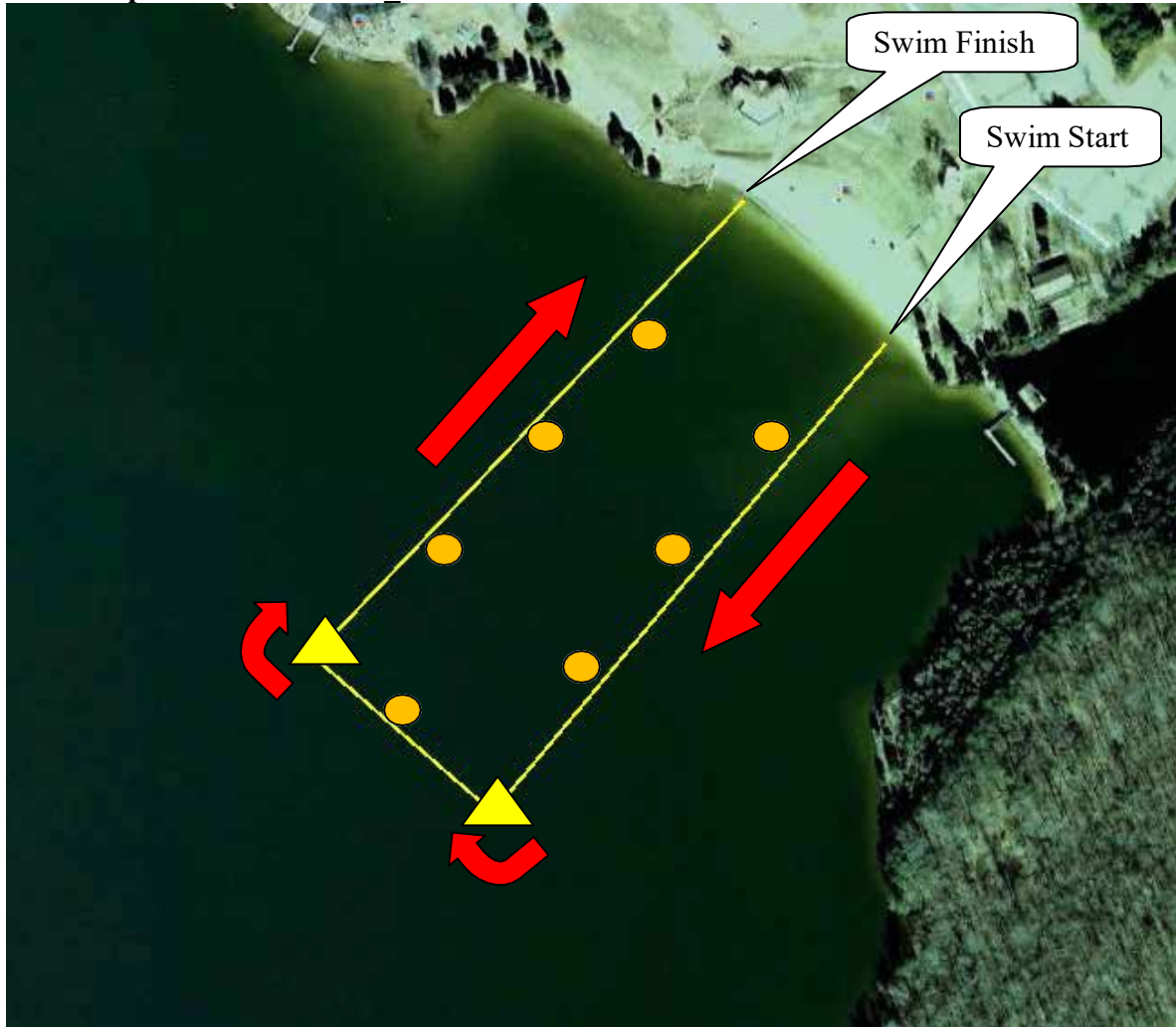


# Kinetic Site Layout Lake Anna State Park



**Kinetic Sprint Swim Course 750 Meters**



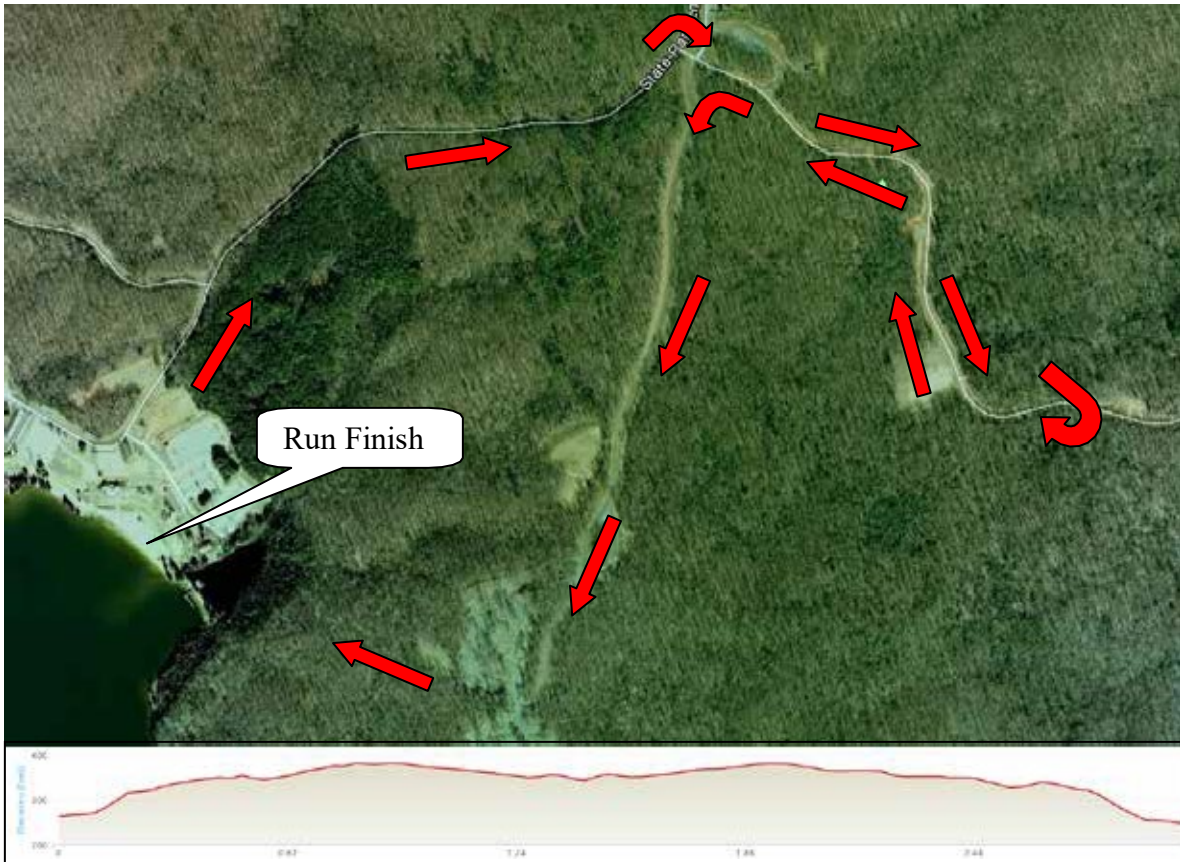
**Sunday's Sprint Swim Course – 750 Meters**

- Athletes keep the buoys on your right
- Yellow Triangle Buoys are Turn Buoys
- Orange Cylinder Buoys are Sighting Buoys

***If for whatever reason you do not finish the swim it is mandatory that you immediately check in at the finish line tent and report that you DNF'd on the swim.***



**Kinetic Sprint Run Course\_3.1 Miles**



**Course Notes:** This course is all inside the state park on paved roads and jogging paths. The sprint course is 1 loop. There is a good uphill coming out of transition and a good downhill coming down to the finish line. There will be water at least every mile. Be swift!