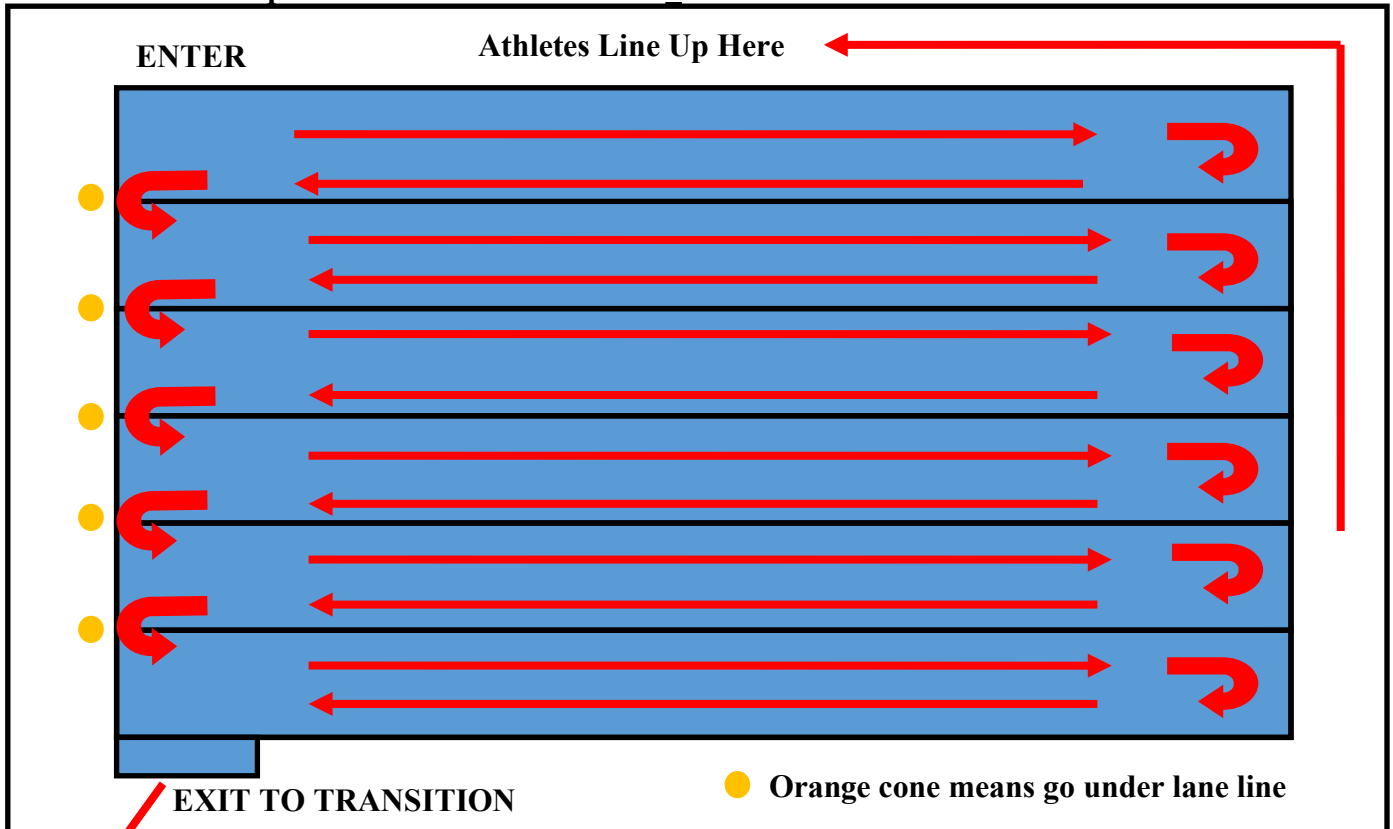
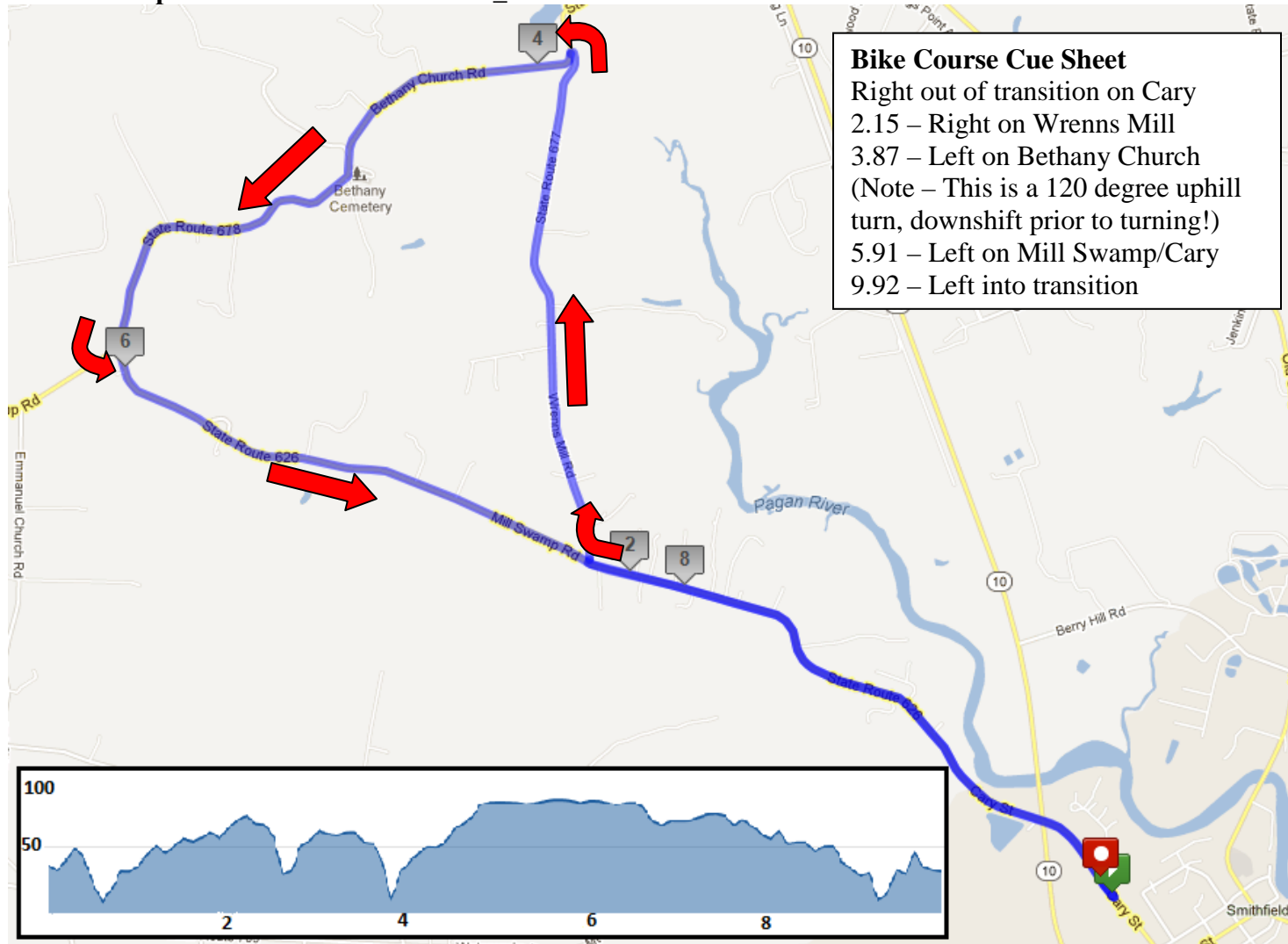


Smithfield Sprint Triathlon Swim Course 300 Meters


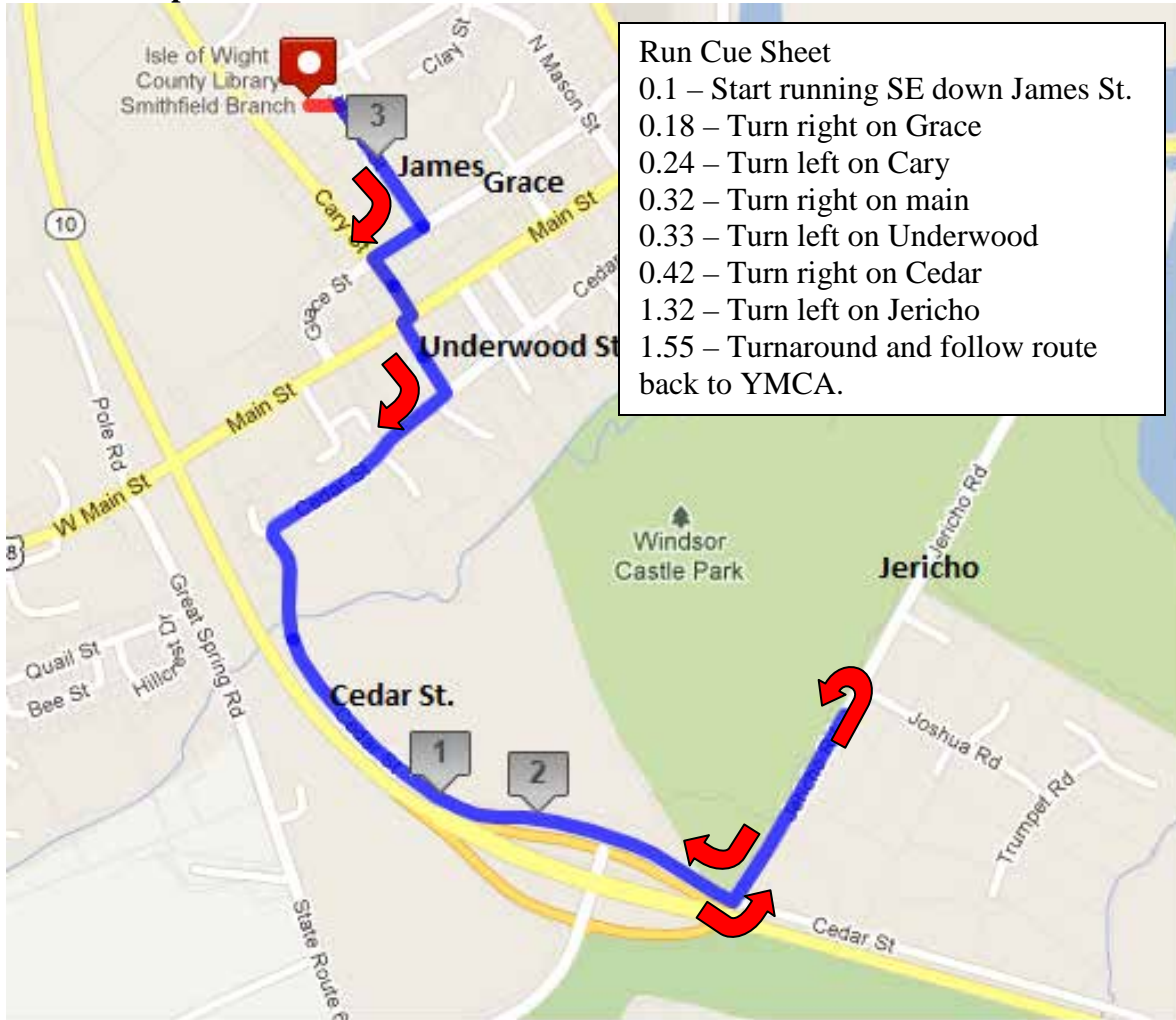
Couple of guidelines to make everyone's day go better

1. Athletes only in the pool, ie; no spectators, kids, coaches, dogs, etc.
2. This is an in water start, athletes swim down & back in each lane, then duck under the lane line at the orange cones (the same side you started)
3. Passing: If you need to pass the person in front of you, touch their toes. They will hug the lane line or pause for a moment at the end of the lane to allow you to pass (be gracious)
4. Swim Start Order: Athletes are assigned race #'s based on your estimated swim time. Many estimates are WRONG (+/-). Feel free to switch order as long as you go over the swim start matt, this matt will be your start time for results!

Smithfield Sprint Triathlon Bike Course_10 Miles



Smithfield Sprint Triathlon Run Course_3.1 Miles



Run Course Notes:

1. This is an out and back course.
2. Water will be available at the start and at the far turnaround point on Jericho
3. The course is not closed to traffic, however intersections will be controlled by uniformed police officers to allow for your safe transit
4. Please use the trash cans provided, stay on the sidewalks, thank the volunteers and police for their support!

Smithfield Triathlon Site Plan

