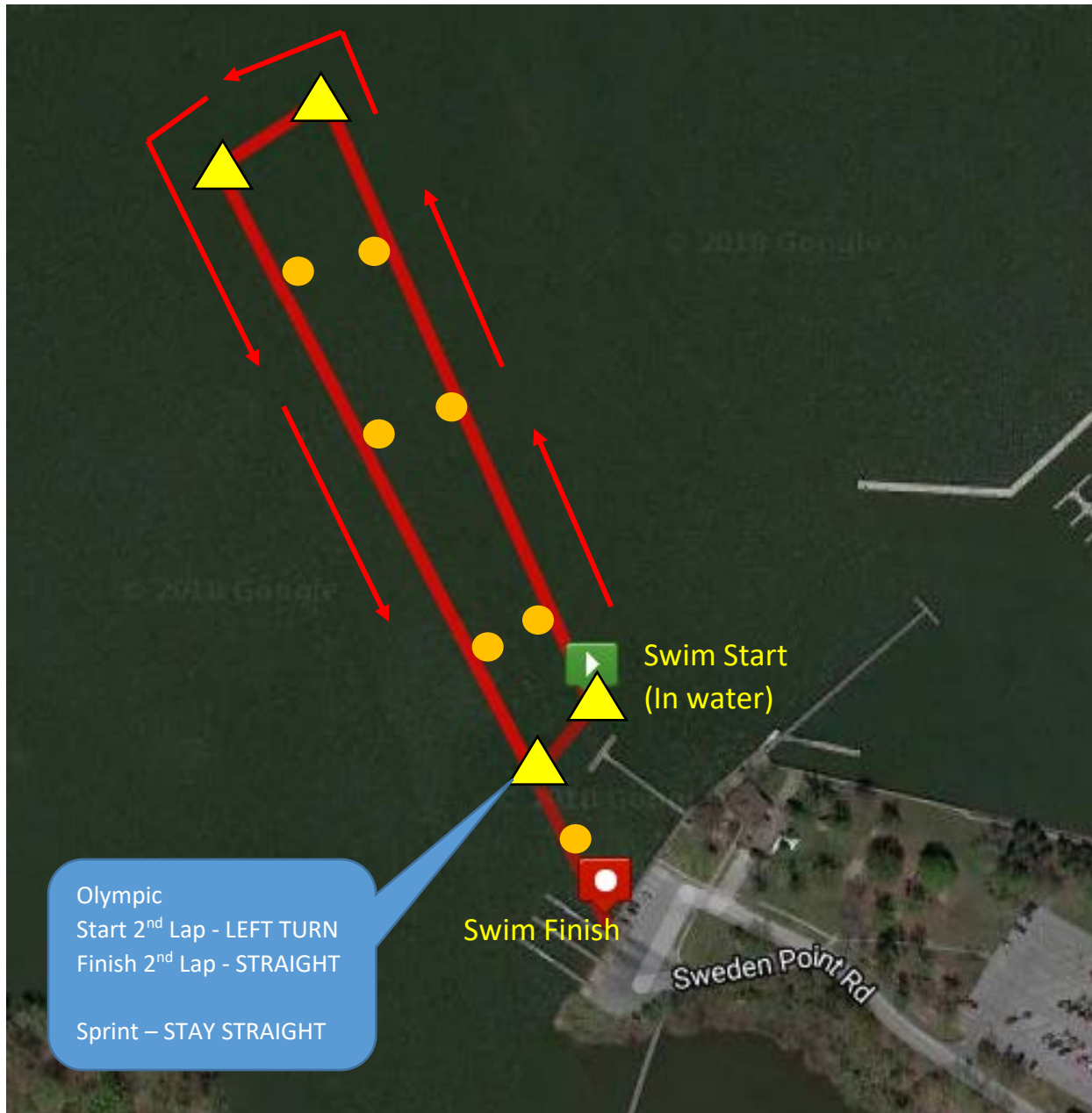
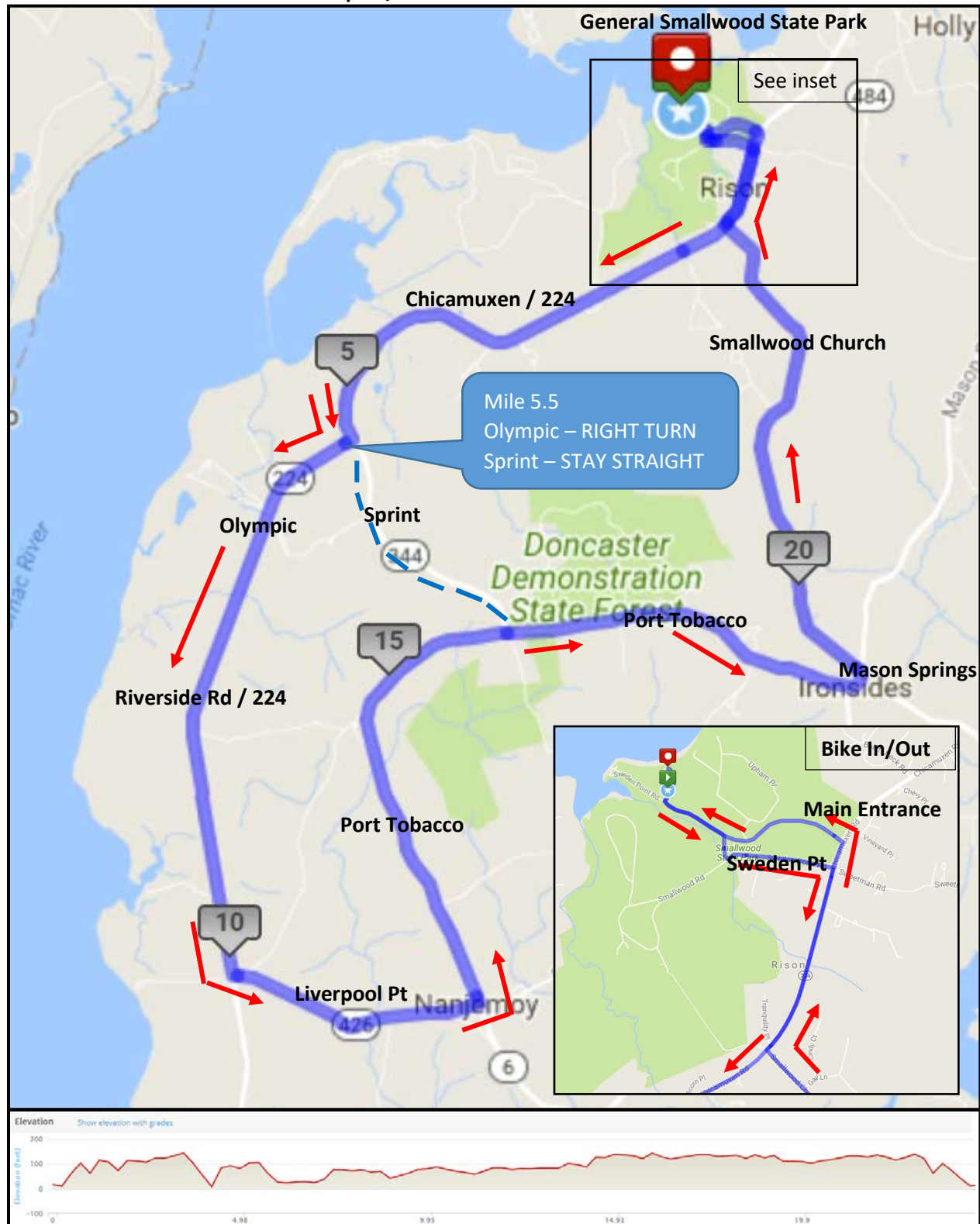


General Smallwood Triathlon Swim Course 1500 / 750 meters

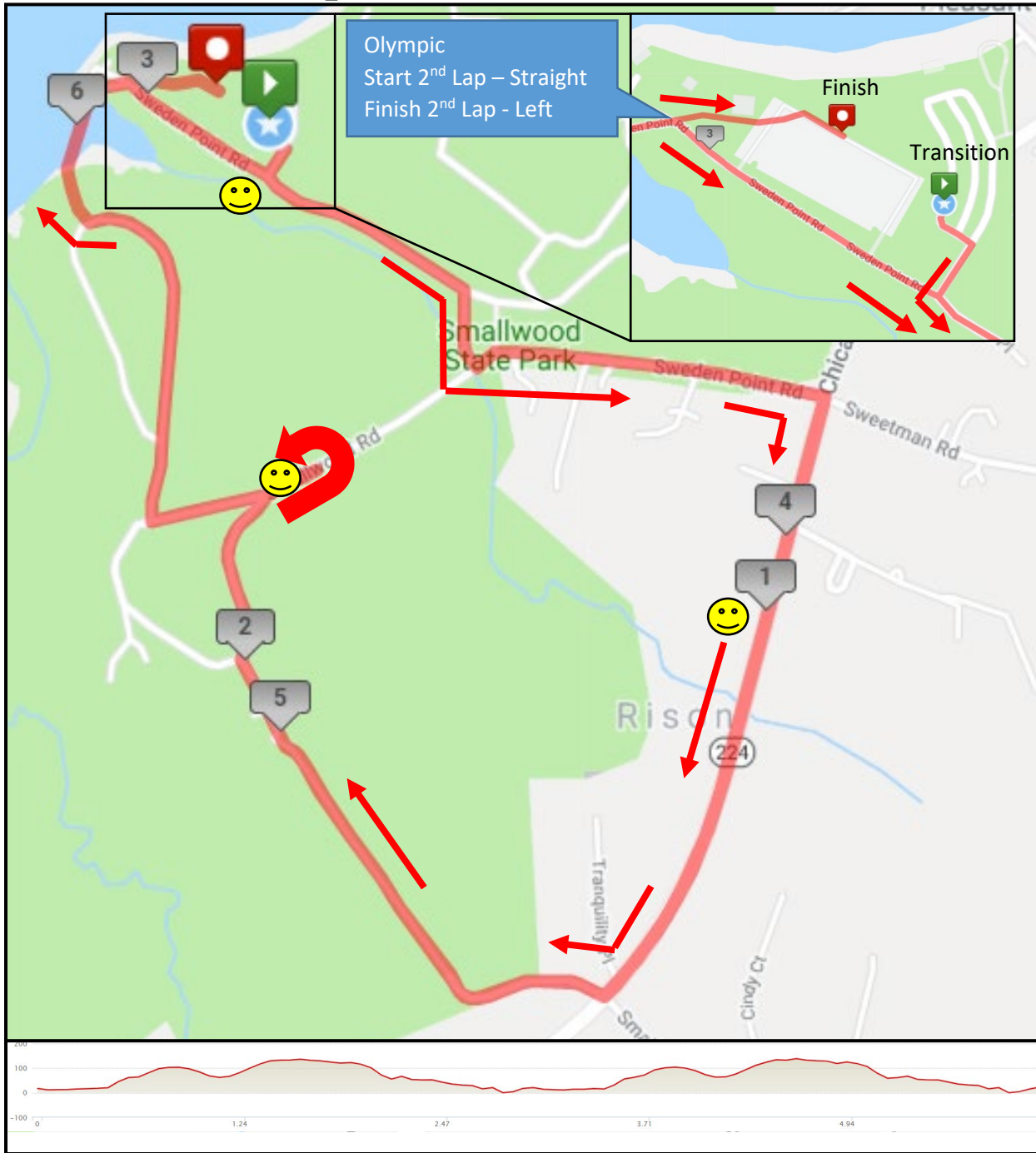


Swim Course Notes: Swim is an in water start. Shoes/flip-flops may be staged at the swim finish after the timing mats, there is a 300 meter run back to transition. If for any reason you need to get out of the water, float on your back and raise your arm in the air, our water safety team will come to you.

General Smallwood Bike Course Map 25/16 Miles



General Smallwood Run Course_3.1 / 6.2 Miles



General Smallwood Triathlon Site Layout

