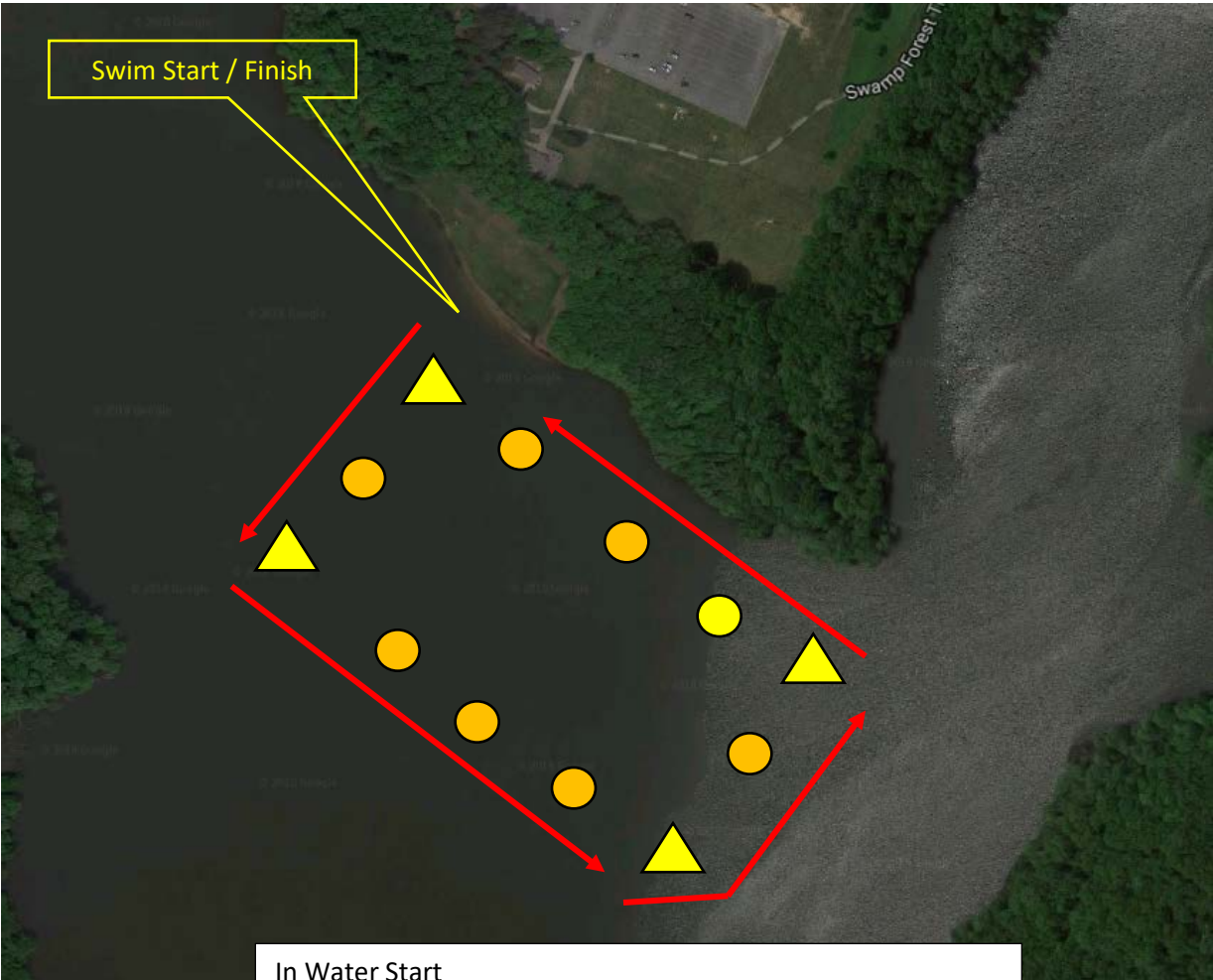
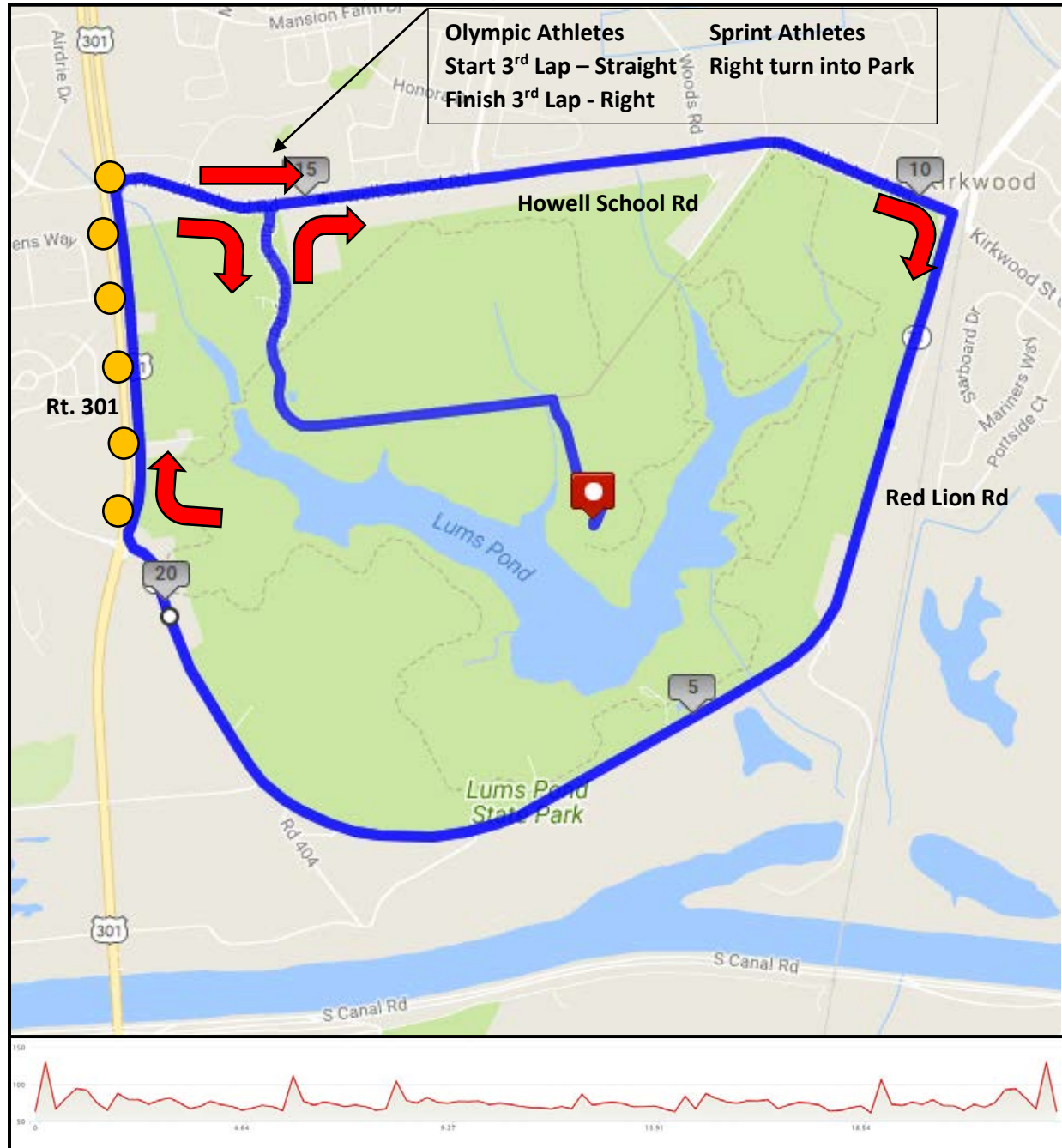


Lums Pond Swim Course_1500 / 750 Meters



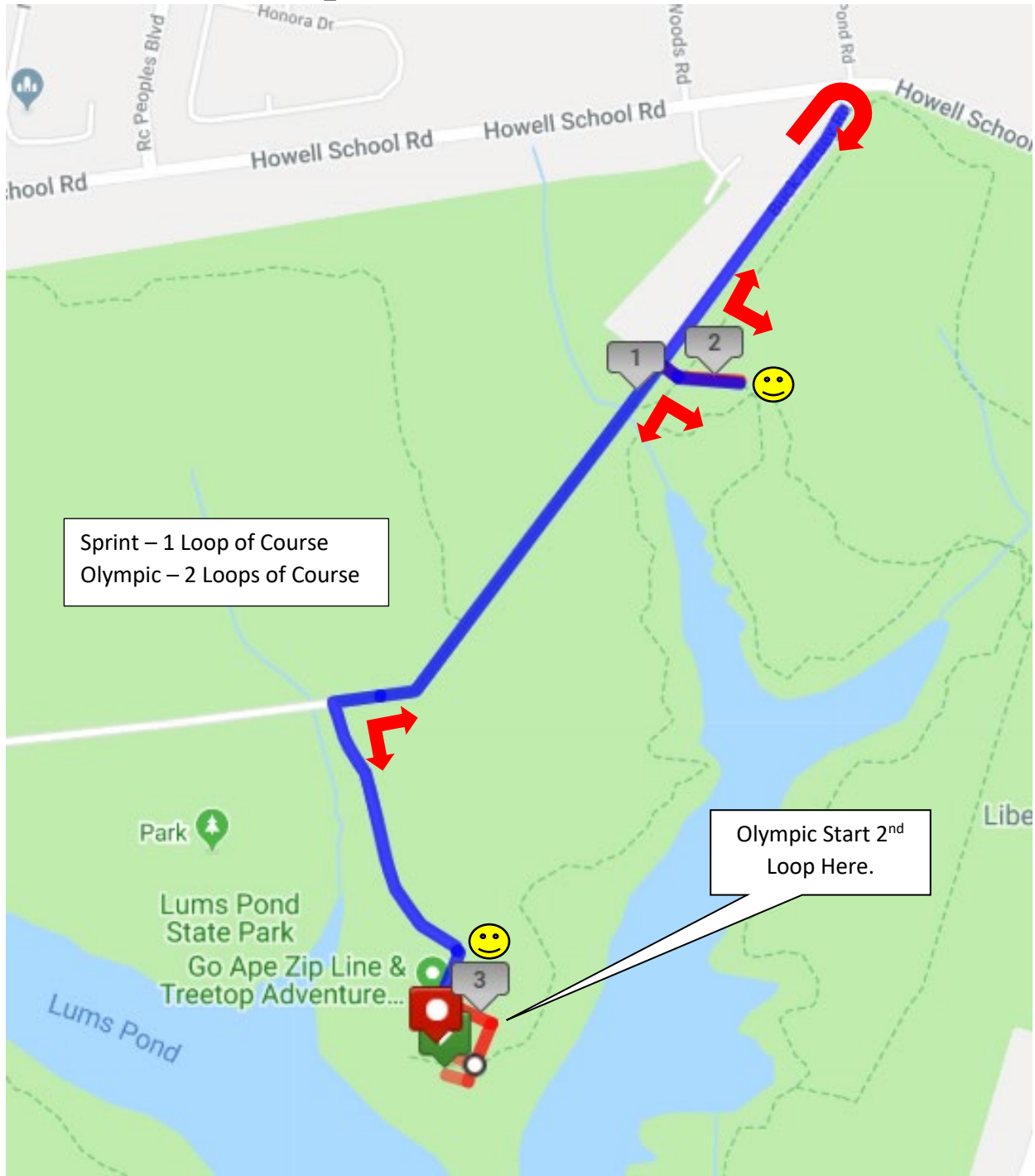
In Water Start
Yellow Pyramids are turn buoys and must be on your left.
Orange round buoys are for sighting only, you may swim on either side of these. Water is expected to be in the mid 70's.
Olympic is 2 Loops, Sprint is 1 Loop.

Lums Pond Triathlon Bike Course (23/10 Miles)



The Bike course at Lums Pond is as close to a race track experience that an athlete can get. The course is all right hand turns with smooth pavement and wide shoulders throughout 80% of the course. While not closed to traffic, athletes do get a dedicated lane (and shoulder) on 301.

Tri-It/DiamondMan Run Course_3.1/6.2 Miles



Terrain is mostly flat to lightly rolling. Surface is 95% paved.

Olympic athletes starting their second loop turnaround 100 meters short of the finish line.

Water and Gatorade are available approximately every mile.



Lums Pond Site Layout (Area 1)

