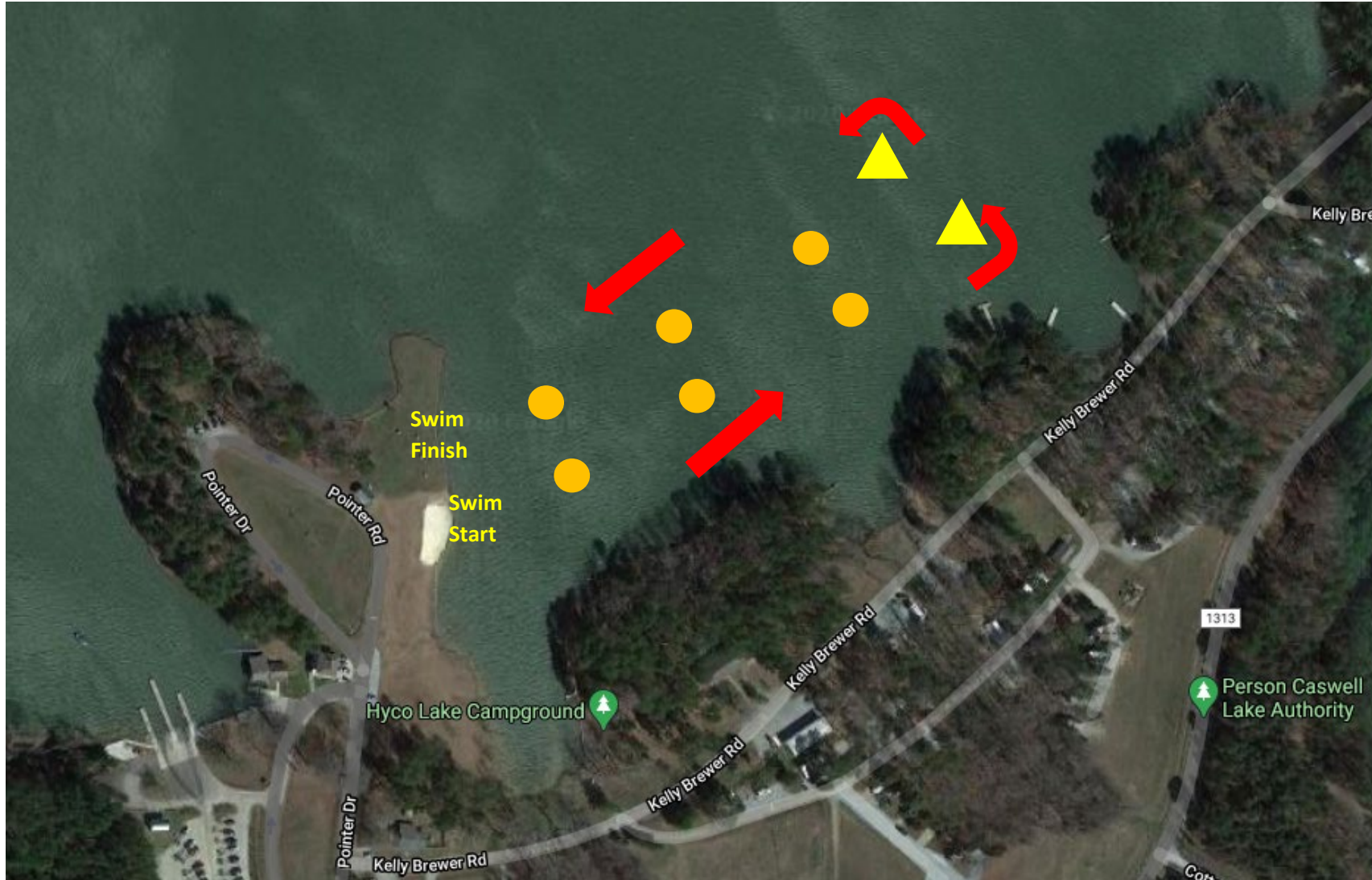


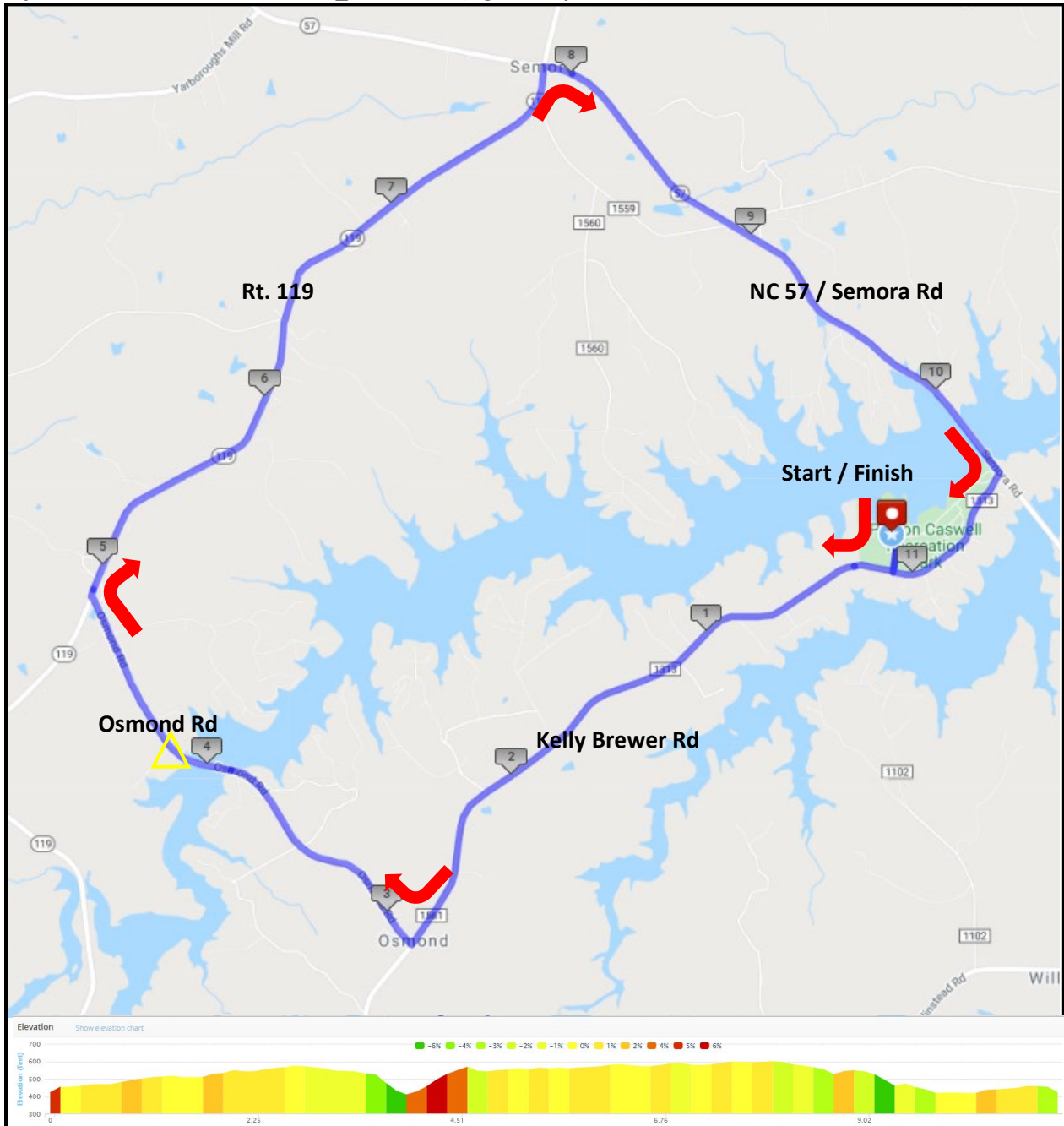
Hyco Lake Triathlon Swim Course\_750 Meters (0.45 miles)



Water is cool (60'sh F) and clear with a beach start and finish. If you need assistance, roll on your back and flag one of our lifeguards.



### Hyco Lake Triathlon Bike Course\_11.4 Miles (Age Group Event)



Bike course is open to traffic, intersections are controlled. USA Triathlon rules will be enforced.



### Hyco Lake Triathlon Run Course 3.1 Miles (5k)

**Run Course Road Closures (Approx)**  
0840 - 1015 (AG Event)  
1110 - 1215 (D1/D2 Race)  
1310 - 1415 (D3 Race)  
1310 - 1610 (Collegiate Club)

