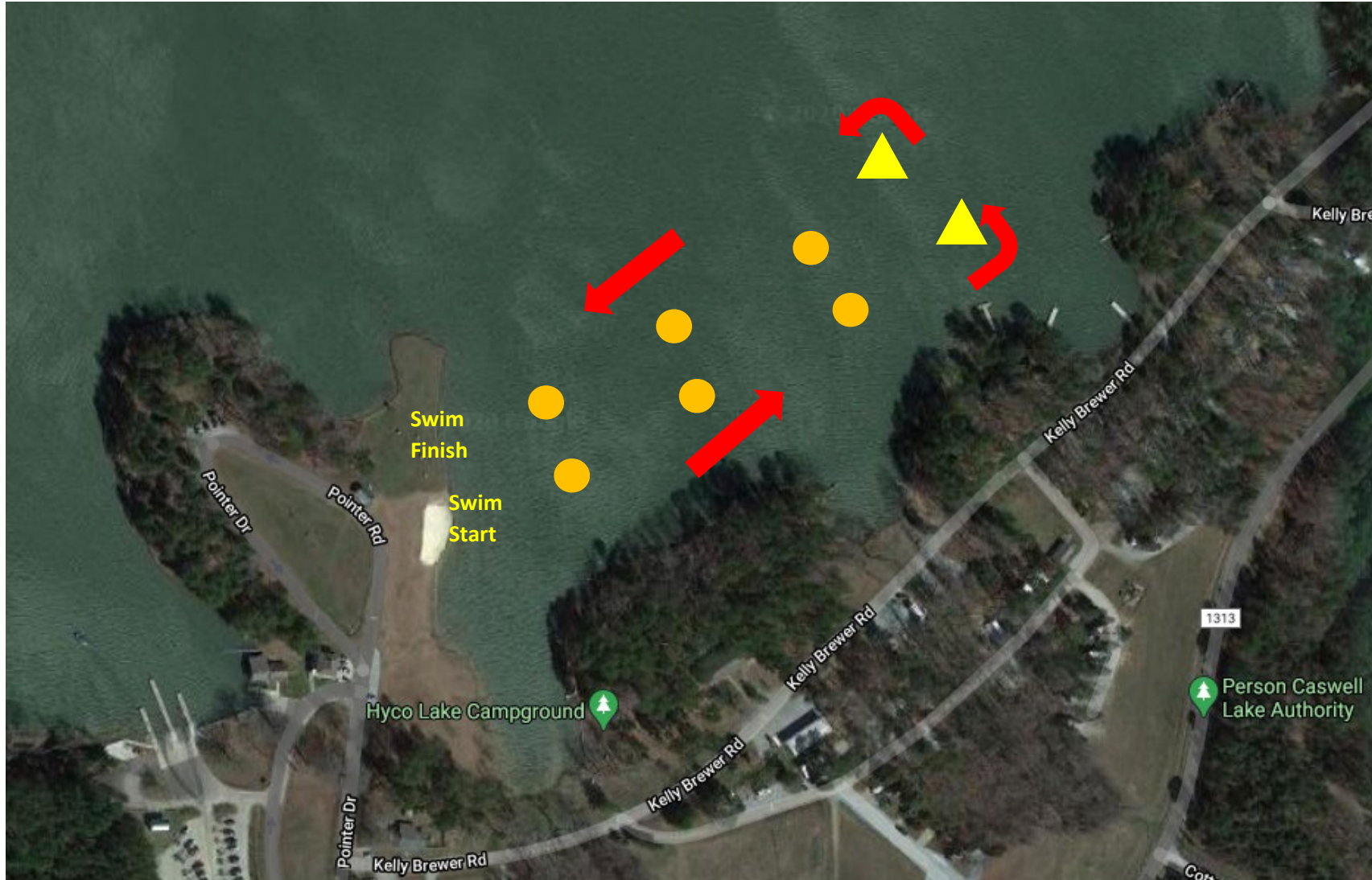


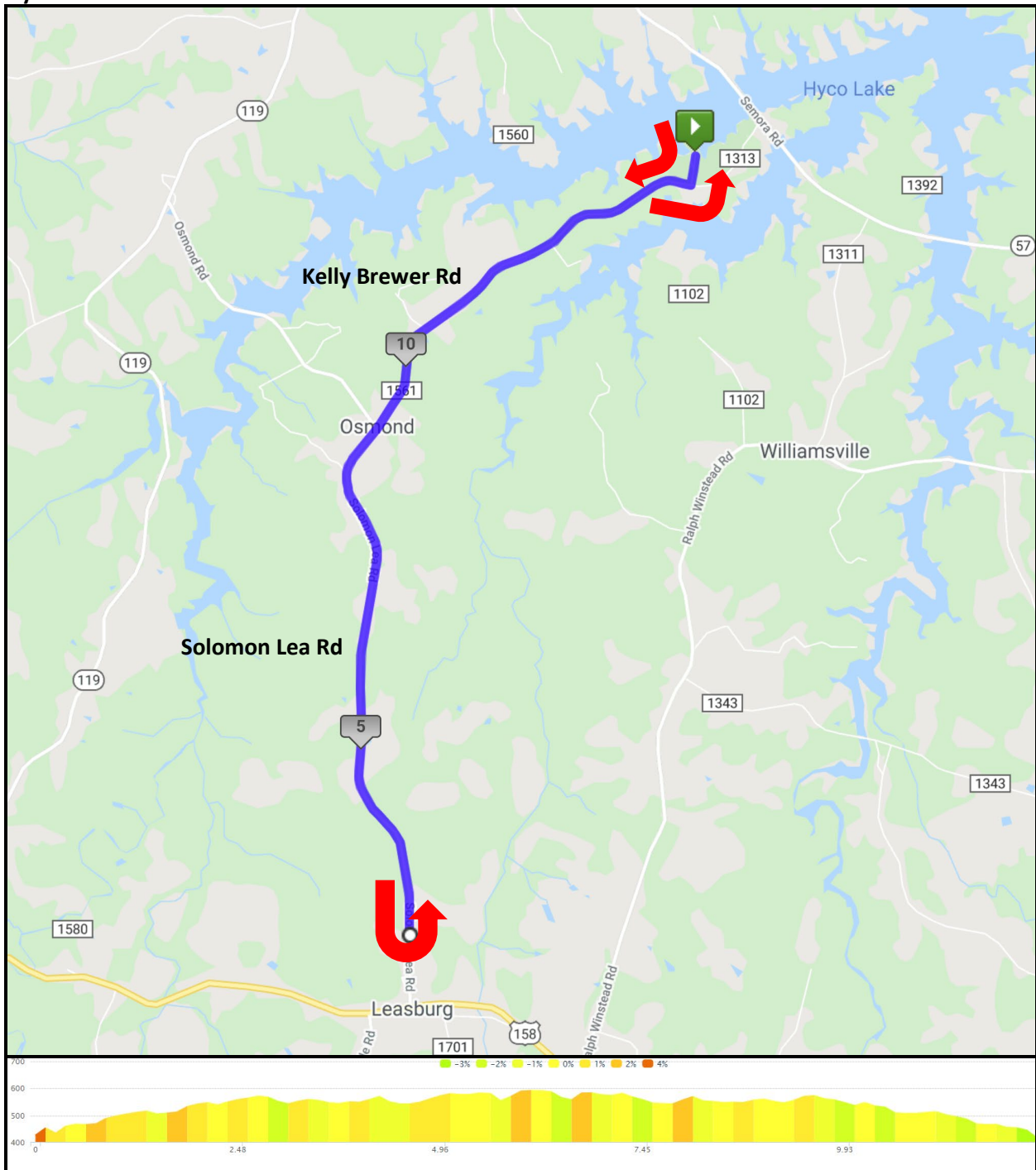
Hyco Lake Triathlon Swim Course\_750 Meters (0.45 miles)



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 – 12.4 Miles

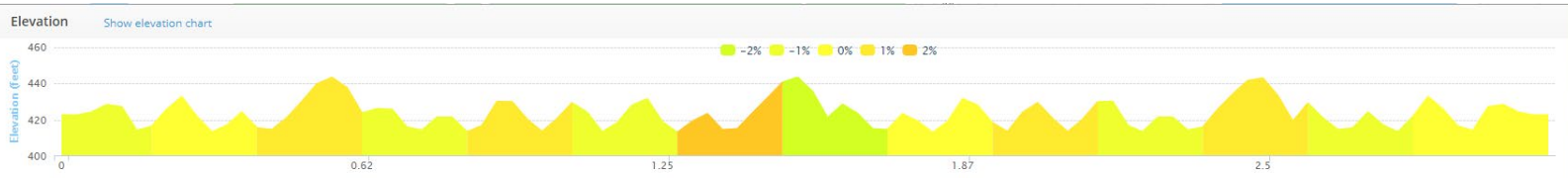


Bike Course is rural, lightly rolling with great pavement. The road is not closed to traffic for the Age Group race, these are however lightly traveled. USAT Rules will be enforced. Ride to the right, no drafting, etc.



### Hyco Lake Triathlon Run Course 3.1 Miles (3 loop 5k)

**Race Course Road Closures (Approx)**  
0800 - 1000 (AG Event)  
1100 - 1200 (D1/D2 Race)  
1300 - 1400 (D3 Race)  
1500 - 1600 (Collegiate Club)



# Hyco Lake Triathlon Site Layout

