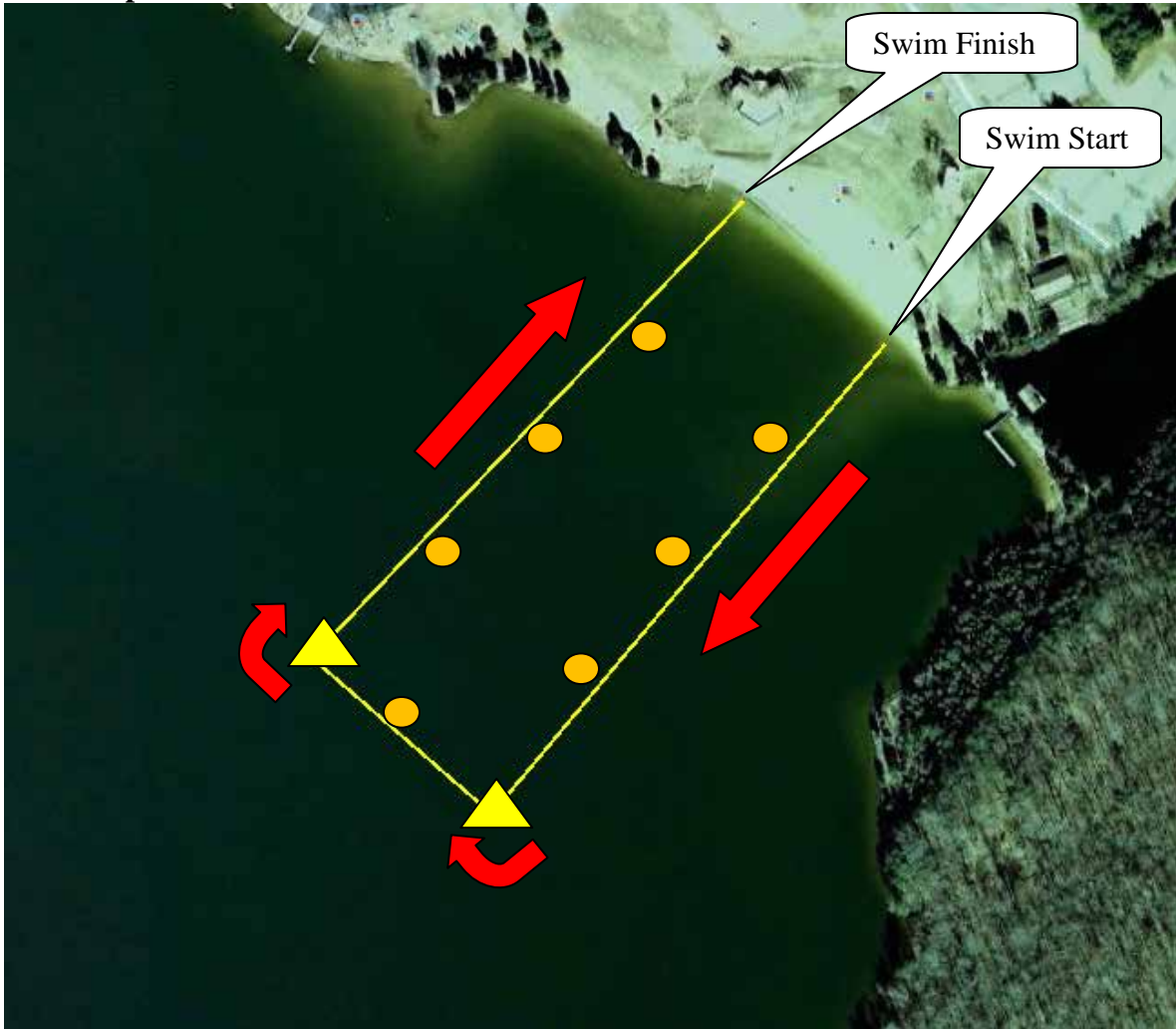


Kinetic Sprint Swim Course_750 Meters



Sunday's Sprint Swim Course – 750 Meters

- Ø Athletes keep the buoys on your right
- Ø Yellow Triangle Buoys are Turn Buoys
- Ø Orange Cylinder Buoys are Sighting Buoys

If for whatever reason you do not finish the swim it is mandatory that you immediately check in at the finish line tent and report that you DNF'd on the swim.



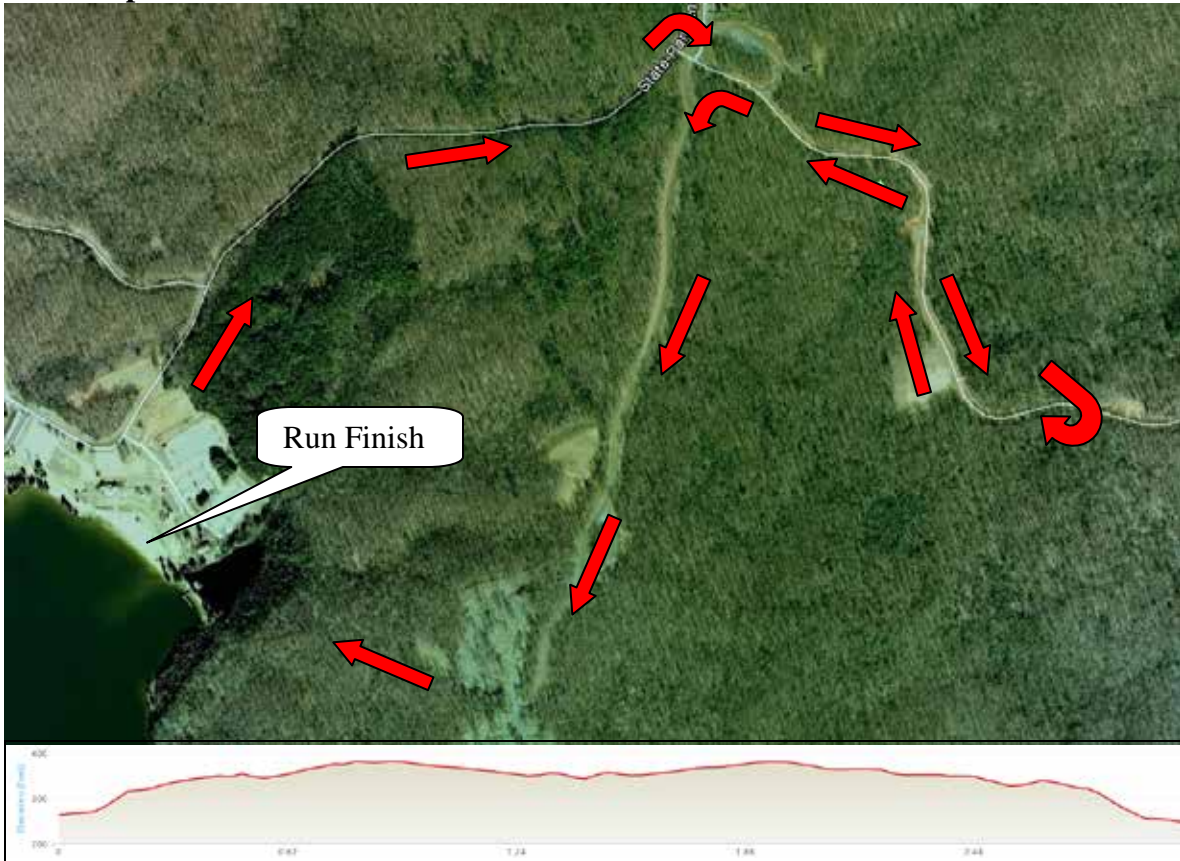
Kinetic Sprint Bike Course 15.5 Miles



Course Notes: This course is open to traffic, please ride to the right as much as possible. There will be police officers at key intersections and volunteers at all turns. It is your responsibility to know the course. USAT bike course rules will be enforced.



Kinetic Sprint Run Course_3.1 Miles



Course Notes: This course is all inside the state park on paved roads and jogging paths. The sprint course is 1 loop. There is a good uphill coming out of transition and a good downhill coming down to the finish line. There will be water at least every mile. Be swift!

Lake Anna State Park Kinetic/Acorn Site Layout

