

Races	Events	Swim	Bike		Run	
		Route	Route	Elevation	Route	Elevation
Smithfield Sprint Triathlon			https://www.mapmyfitness.com/routes/view/3024562267	222.8 ft	https://www.mapmyfitness.com/routes/view/3024569557	33.5 ft
Hyc0 Lake Triathlon Festival		https://www.mapmyfitness.com/routes/view/3442480876	https://www.mapmyfitness.com/routes/view/3207332854	285.4 ft	https://www.mapmyfitness.com/routes/view/4184959624	63.6 ft
Rumpus in Bumpass Triathlon	Spr	https://www.mapmyfitness.com/routes/view/3024695827	https://www.mapmyfitness.com/routes/view/3024697495	435.0 ft	https://www.mapmyfitness.com/routes/view/3024700915	148.3 ft
	Oly	https://www.mapmyfitness.com/routes/view/3024589135	https://www.mapmyfitness.com/routes/view/3024687100	832.3 ft	https://www.mapmyfitness.com/routes/view/3024689605	272.0 ft
Smith Mountain Lake Triathlon		https://www.mapmyfitness.com/routes/view/3024703408	https://www.mapmyfitness.com/routes/view/3024707758	519.7 ft	https://www.mapmyfitness.com/routes/view/3024710797	164.0 ft
Kinetic Triathlon Festival	Spr	https://www.mapmyfitness.com/routes/view/3028022212	https://www.mapmyfitness.com/routes/view/3028024534	562.7 ft	https://www.mapmyfitness.com/routes/view/3028026571	161.1 ft
	Oly	https://www.mapmyfitness.com/routes/view/3028015945	https://www.mapmyfitness.com/routes/view/3028018006	939.0 ft	https://www.mapmyfitness.com/routes/view/3028020268	324.1 ft
	Half	https://www.mapmyfitness.com/routes/view/3024715825	https://www.mapmyfitness.com/routes/view/3028010959	1,797.6 ft	https://www.mapmyfitness.com/routes/view/3028014115	787.1 ft
Independence Triathlon Festival	Spr	https://www.mapmyfitness.com/routes/view/3028056325	https://www.mapmyfitness.com/routes/view/3028058302	641.4 ft	https://www.mapmyfitness.com/routes/view/3028060234	113.5 ft
	Oly	https://www.mapmyfitness.com/routes/view/3028051150	https://www.mapmyfitness.com/routes/view/3028052806	1,294.6 ft	https://www.mapmyfitness.com/routes/view/3028054702	230.0 ft
General Smallwood	Spr	https://www.mapmyfitness.com/routes/view/3028150969	https://www.mapmyfitness.com/routes/view/3028151872	604.7 ft	https://www.mapmyfitness.com/routes/view/3028152697	164.0 ft
	Oly	https://www.mapmyfitness.com/routes/view/3028145761	https://www.mapmyfitness.com/routes/view/3028147000	852.7 ft	https://www.mapmyfitness.com/routes/view/3028148119	341.5 ft
Rock Hall Triathlon Festival	Spr	https://www.mapmyfitness.com/routes/view/3028038412	https://www.mapmyfitness.com/routes/view/3028040068	14.60 mi	https://www.mapmyfitness.com/routes/view/3028042453	3.10 mi
	Oly	https://www.mapmyfitness.com/routes/view/3028032052	https://www.mapmyfitness.com/routes/view/3028034461	402.9 ft	https://www.mapmyfitness.com/routes/view/3028036252	42.3 ft

Races	Events	Swim		Bike		Run	
		Route	Route	Elevation	Route	Elevation	
Poconos Triathlon Festival	Spr	https://www.mapmyfitness.com/routes/view/3028117354	https://www.mapmyfitness.com/routes/view/3028119451	663.7 ft	https://www.mapmyfitness.com/routes/view/4574076730	94.8 ft	
	Oly	https://www.mapmyfitness.com/routes/view/3028113286	https://www.mapmyfitness.com/routes/view/3028114654	1,866.5 ft	https://www.mapmyfitness.com/routes/view/3028115836	244.4 ft	
	LC	https://www.mapmyfitness.com/routes/view/3028109032	https://www.mapmyfitness.com/routes/view/3028110334	3,588.3 ft	https://www.mapmyfitness.com/routes/view/4574084425/	676.5 ft	
Jamestown Triathlon Festival	Spr	https://www.mapmyfitness.com/routes/view/3028074937	https://www.mapmyfitness.com/routes/view/3028075801	300.9 ft	https://www.mapmyfitness.com/routes/view/3028077193	57.4 ft	
	Oly	https://www.mapmyfitness.com/routes/view/3028063657	https://www.mapmyfitness.com/routes/view/3028066792	522.0 ft	https://www.mapmyfitness.com/routes/view/3028068850	151.6 ft	
Diamond in the Rough Triathlon Festival	Spr	https://www.mapmyfitness.com/routes/view/3028169692	https://www.mapmyfitness.com/routes/view/3028170448	329.7 ft	https://www.mapmyfitness.com/routes/view/3028171216	51.2 ft	
	Oly	https://www.mapmyfitness.com/routes/view/3028165198	https://www.mapmyfitness.com/routes/view/3028166071	1,250.0 ft	https://www.mapmyfitness.com/routes/view/3028167514	99.1 ft	
Colonial Beach Triathlon Festival	Spr	https://www.mapmyfitness.com/routes/view/3028182850	https://www.mapmyfitness.com/routes/view/3028183843	288.7 ft	https://www.mapmyfitness.com/routes/view/3028184671	37.1 ft	
	Oly	https://www.mapmyfitness.com/routes/view/3028178701	https://www.mapmyfitness.com/routes/view/3028179538	816.9 ft	https://www.mapmyfitness.com/routes/view/3028180528	101.7 ft	
Culpeper Triathlon Festival	Spr	https://www.mapmyfitness.com/routes/view/3028193128	https://www.mapmyfitness.com/routes/view/3028193872	841.9 ft	https://www.mapmyfitness.com/routes/view/3028194451	155.8 ft	
	Oly	https://www.mapmyfitness.com/routes/view/3028189741	https://www.mapmyfitness.com/routes/view/3028190635	1,479.3 ft	https://www.mapmyfitness.com/routes/view/3028191520	296.3 ft	
Lums Ponds Triathlon Festival	Spr	https://www.mapmyfitness.com/routes/view/3028157509	https://www.mapmyfitness.com/routes/view/3028158211	206.0 ft	https://www.mapmyfitness.com/routes/view/4861298599	114.8 ft	
	Oly	https://www.mapmyfitness.com/routes/view/3028154158	https://www.mapmyfitness.com/routes/view/3028154950	456.4 ft	https://www.mapmyfitness.com/routes/view/4860313786	241.1 ft	
North East Triathlon Festival	Spr	https://www.mapmyfitness.com/routes/view/3028222408	https://www.mapmyfitness.com/routes/view/4861304146	648.6 ft	https://www.mapmyfitness.com/routes/view/3028223776	88.9 ft	
	Oly	https://www.mapmyfitness.com/routes/view/3028217287	https://www.mapmyfitness.com/routes/view/4860554929	1,253.3 ft	https://www.mapmyfitness.com/routes/view/3028218694	292.3 ft	

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		Route	Route	Elevation	Route	Elevation	
Patriots Triathlon Festival	Spr	https://www.mapmyfitness.com/routes/view/3028232437	https://www.mapmyfitness.com/routes/view/3028233478	301.8 ft	https://www.mapmyfitness.com/routes/view/3028234405	60.0 ft	
	Oly	https://www.mapmyfitness.com/routes/view/3028227415	https://www.mapmyfitness.com/routes/view/3028228453	534.8 ft	https://www.mapmyfitness.com/routes/view/3028229137	148.6 ft	
	LC		https://www.mapmyfitness.com/routes/view/3028225210	1,271.7 ft	https://www.mapmyfitness.com/routes/view/3028225798	376.0 ft	
MarshMan Sprint Triathlon	Spr	https://www.mapmyfitness.com/routes/view/3028260418	https://www.mapmyfitness.com/routes/view/3028262383	1,059.7 ft	https://www.mapmyfitness.com/routes/view/3028263259	274.9 ft	
Giant Acorn Triathlon Festival	Spr	https://www.mapmyfitness.com/routes/view/3028249831	https://www.mapmyfitness.com/routes/view/3028251241	565.0 ft	https://www.mapmyfitness.com/routes/view/3028252258	163.4 ft	
	Oly	https://www.mapmyfitness.com/routes/view/3028246516	https://www.mapmyfitness.com/routes/view/3028247401	932.1 ft	https://www.mapmyfitness.com/routes/view/3028248604	327.8 ft	
Waterman's Triathlon Festival	Spr	https://www.mapmyfitness.com/routes/view/3028267831	https://www.mapmyfitness.com/routes/view/3028268314	223.8 ft	https://www.mapmyfitness.com/routes/view/3028268848	27.2 ft	
	Oly	https://www.mapmyfitness.com/routes/view/3028264861	https://www.mapmyfitness.com/routes/view/3028265773	430.4 ft	https://www.mapmyfitness.com/routes/view/3028266496	39.4 ft	
	LC		https://www.mapmyfitness.com/routes/view/4565916613	893.7 ft	https://www.mapmyfitness.com/routes/view/4565930686	116.5 ft	
Pleasants Landing Triathlon Festival	Spr	https://www.mapmyfitness.com/routes/view/3028272607	https://www.mapmyfitness.com/routes/view/3028273228	444.9 ft	https://www.mapmyfitness.com/routes/view/3028274077	143.4 ft	
	Oly	https://www.mapmyfitness.com/routes/view/3028270228	https://www.mapmyfitness.com/routes/view/3028270777	842.2 ft	https://www.mapmyfitness.com/routes/view/3028271533	266.1 ft	
Kinetic Cup Triathlon Festival	Oly	https://www.mapmyfitness.com/routes/view/3028275343	https://www.mapmyfitness.com/routes/view/3028275700	1,160.4 ft	https://www.mapmyfitness.com/routes/view/3028276351	291.0 ft	

Disclaimer: Some of these courses are from 2021 Race events and subjected to change by time. Last update: **February 17, 2022**