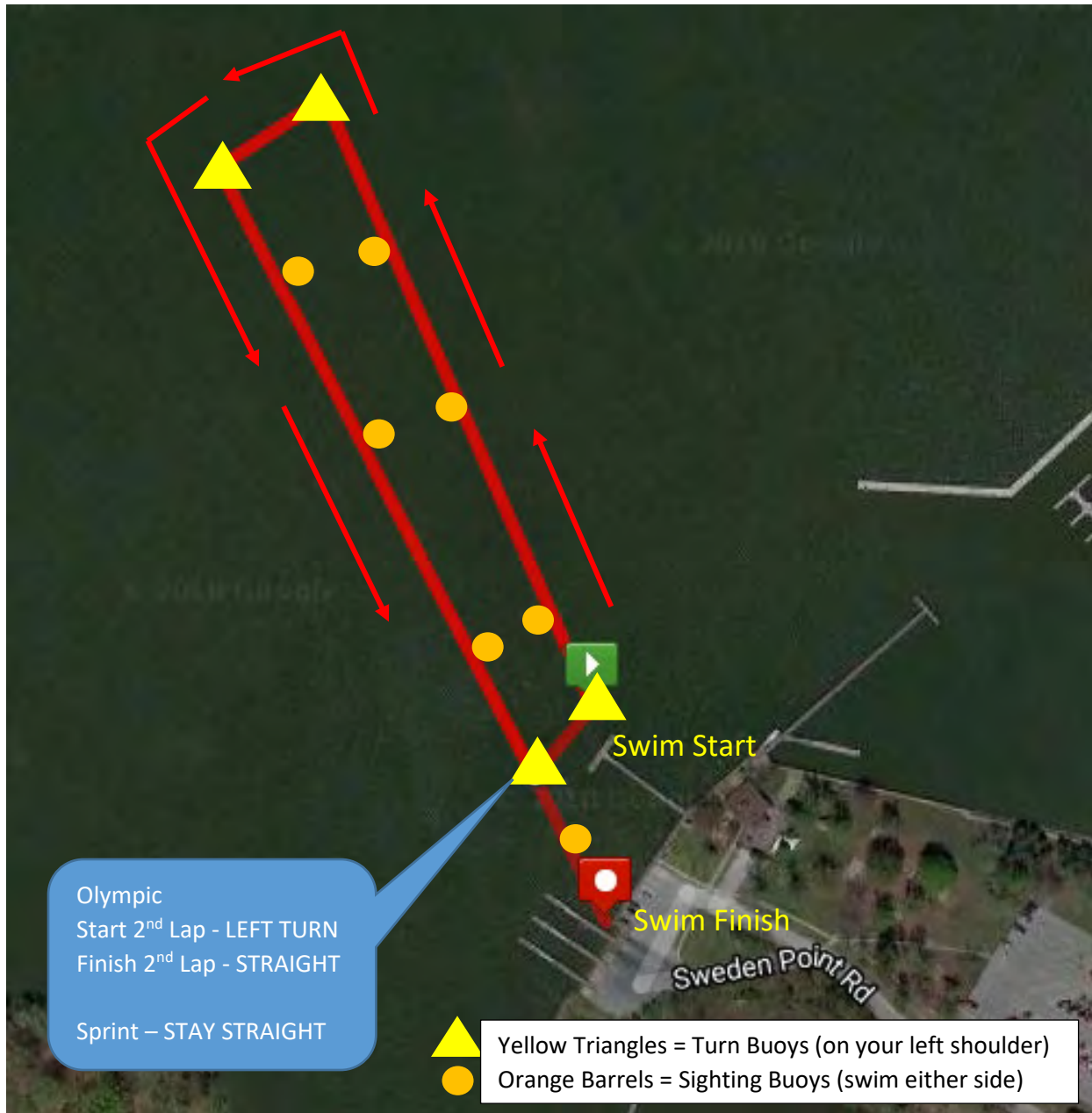


General Smallwood Triathlon Swim Course 1500 / 750 meters



Swim Course Notes

Shoes/flip-flops may be staged at the swim finish for the 343-meter run back to transition.

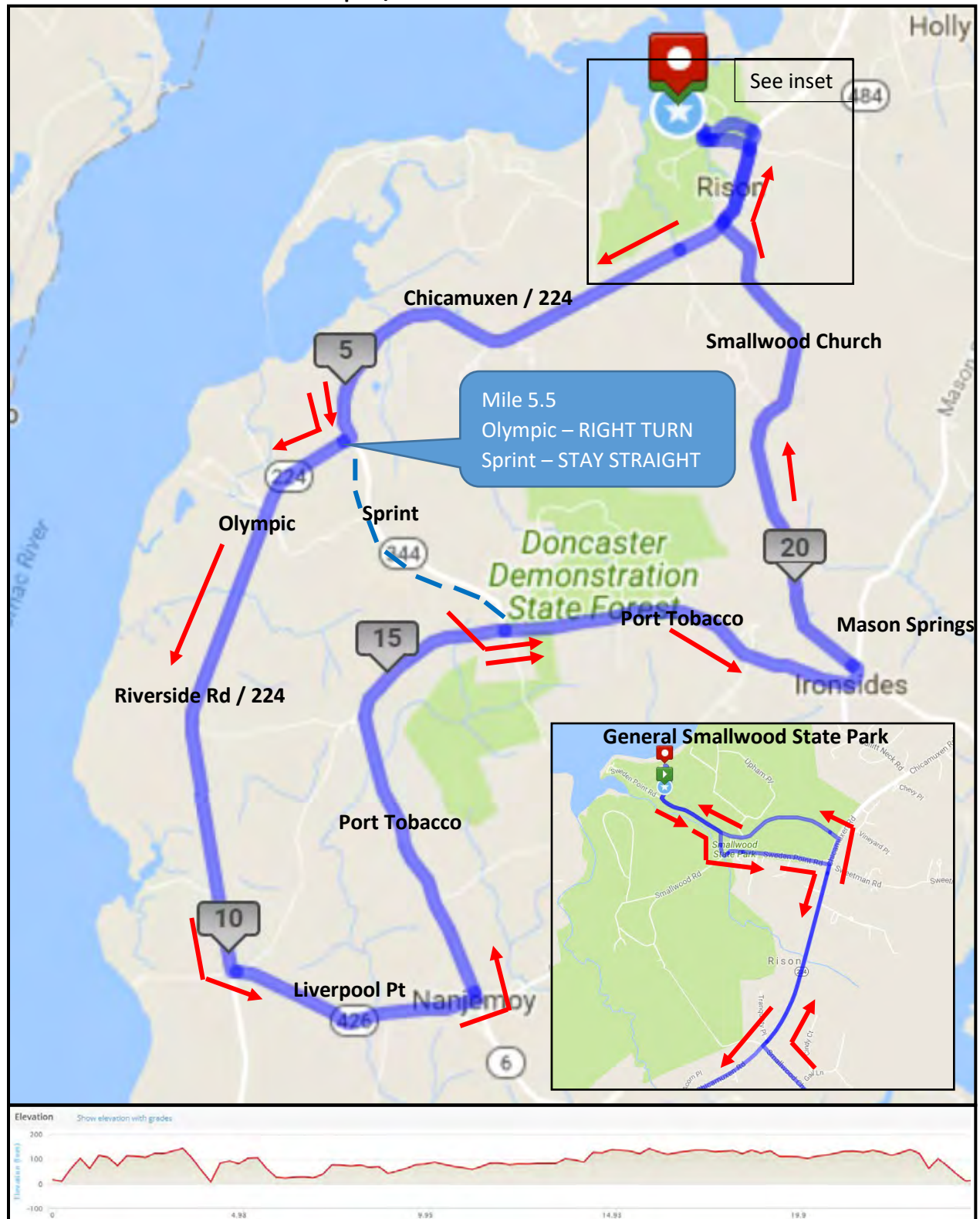
If you need help, RELAX! Float on your back and raise your hand to signal our water safety team.

Yellow Triangles = Turn Buoys (on your left shoulder)

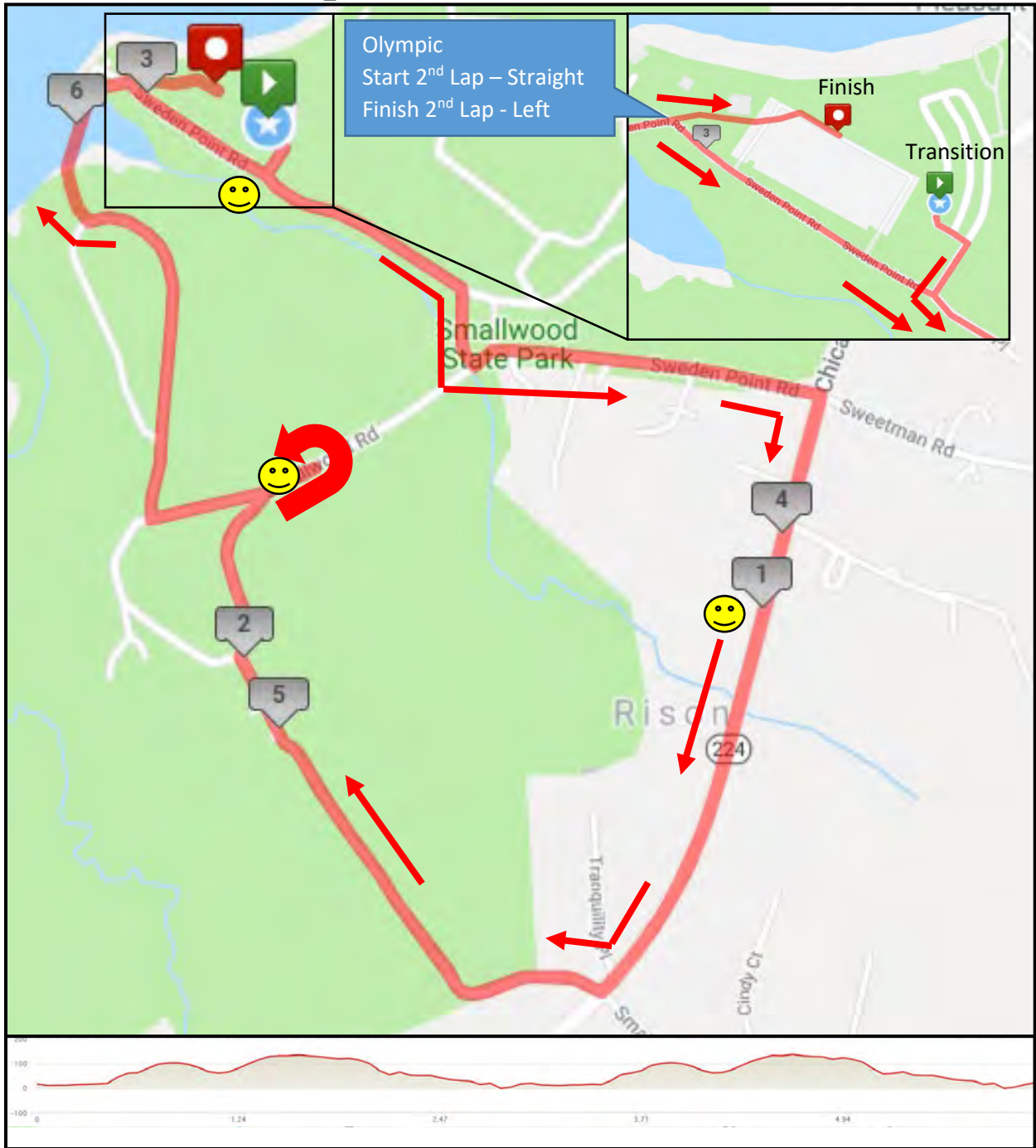
Orange Barrels = Sighting Buoys (swim either side)



General Smallwood Bike Course Map 25/16 Miles



General Smallwood Run Course_3.1 / 6.2 Miles



General Smallwood Triathlon Site Layout

