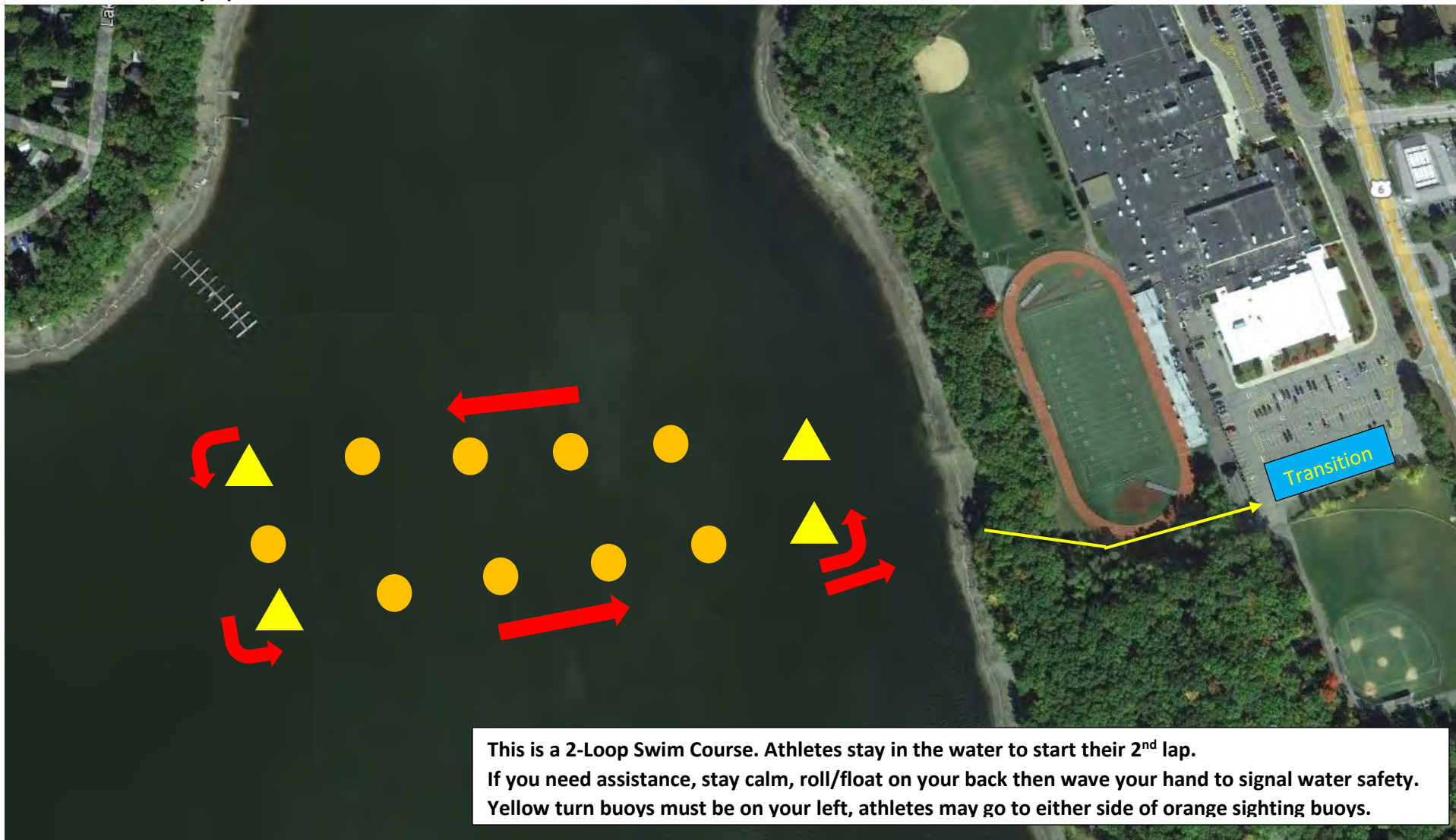


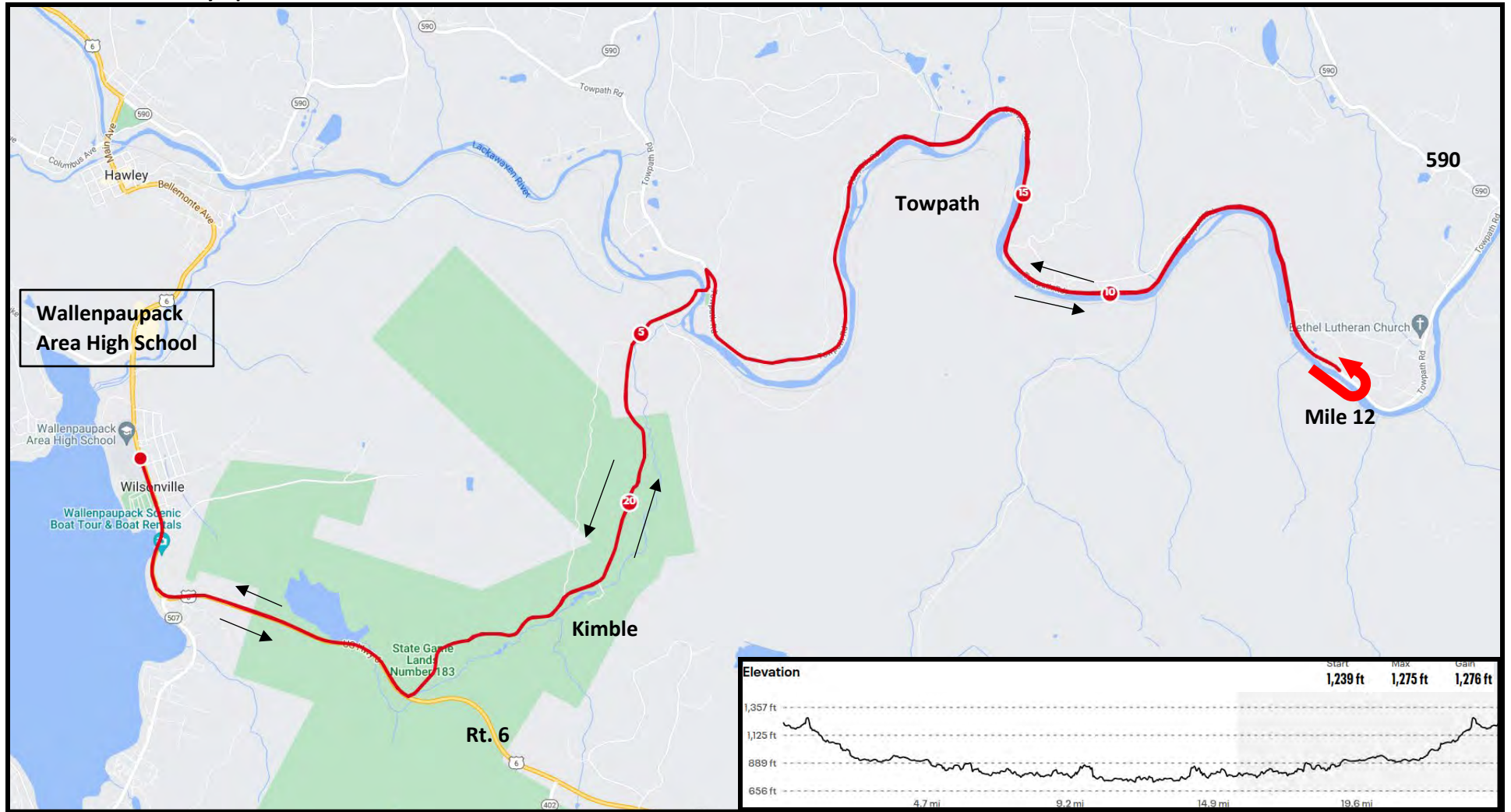
Poconos Triathlon Olympic Swim Course – 1500 Meters



This is a 2-Loop Swim Course. Athletes stay in the water to start their 2nd lap.
If you need assistance, stay calm, roll/float on your back then wave your hand to signal water safety.
Yellow turn buoys must be on your left, athletes may go to either side of orange sighting buoys.



Poconos Triathlon Olympic Bike Course - 24 Miles



Poconos Triathlon Olympic Run Course – 6.2 Miles



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