USA Paratriathlon National Championships Swim Course 750 Meters



Water is brackish and shallow. If you need assistance, roll on your back and flag one of our lifeguards. Or, swim towards shore and stand up.

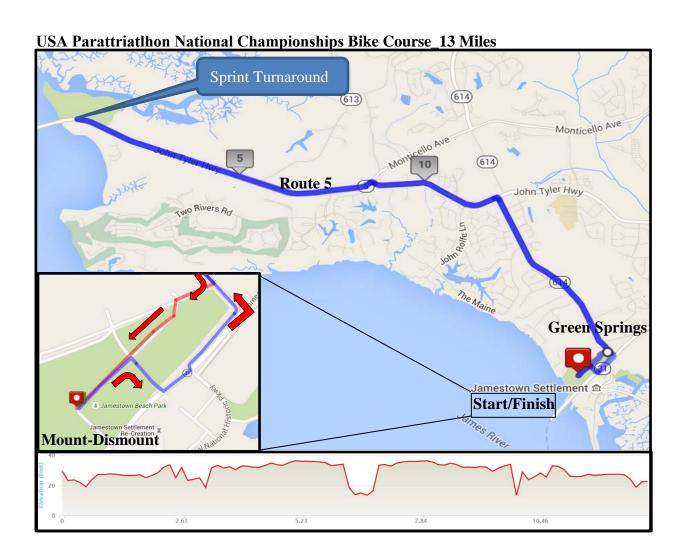
Route may be reversed due to currents







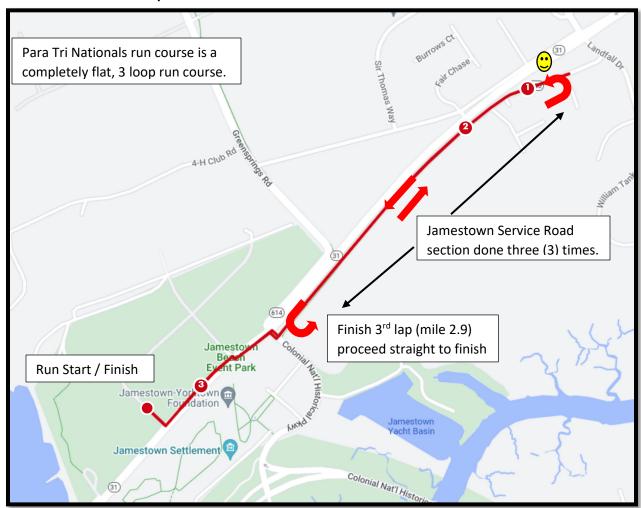
Williamsburg ★ Virginia ★ September 10



Turn	Mileage	Next	Turn	Mileage	Next
Mount Bike	0	0.1	Turnaround	6.6	2.9
Right inside park	0.1	0.1	Right on Rt 5 at light	9.5	1.2
Left on Jamestown	0.2	0.02	Right on GreenSprings	10.7	2.1
Left on Green Springs	0.22	3.48	Right into back entrance of park	12.8	0.3
Left on Rt. 5 at light	3.7	2.9	Dismount	13.1	0



Paratriathlon Nationals Sprint Run Course - 3.1 Miles





Williamsburg ★ Virginia ★ September 10



Patriots Triathlon Site Layout

