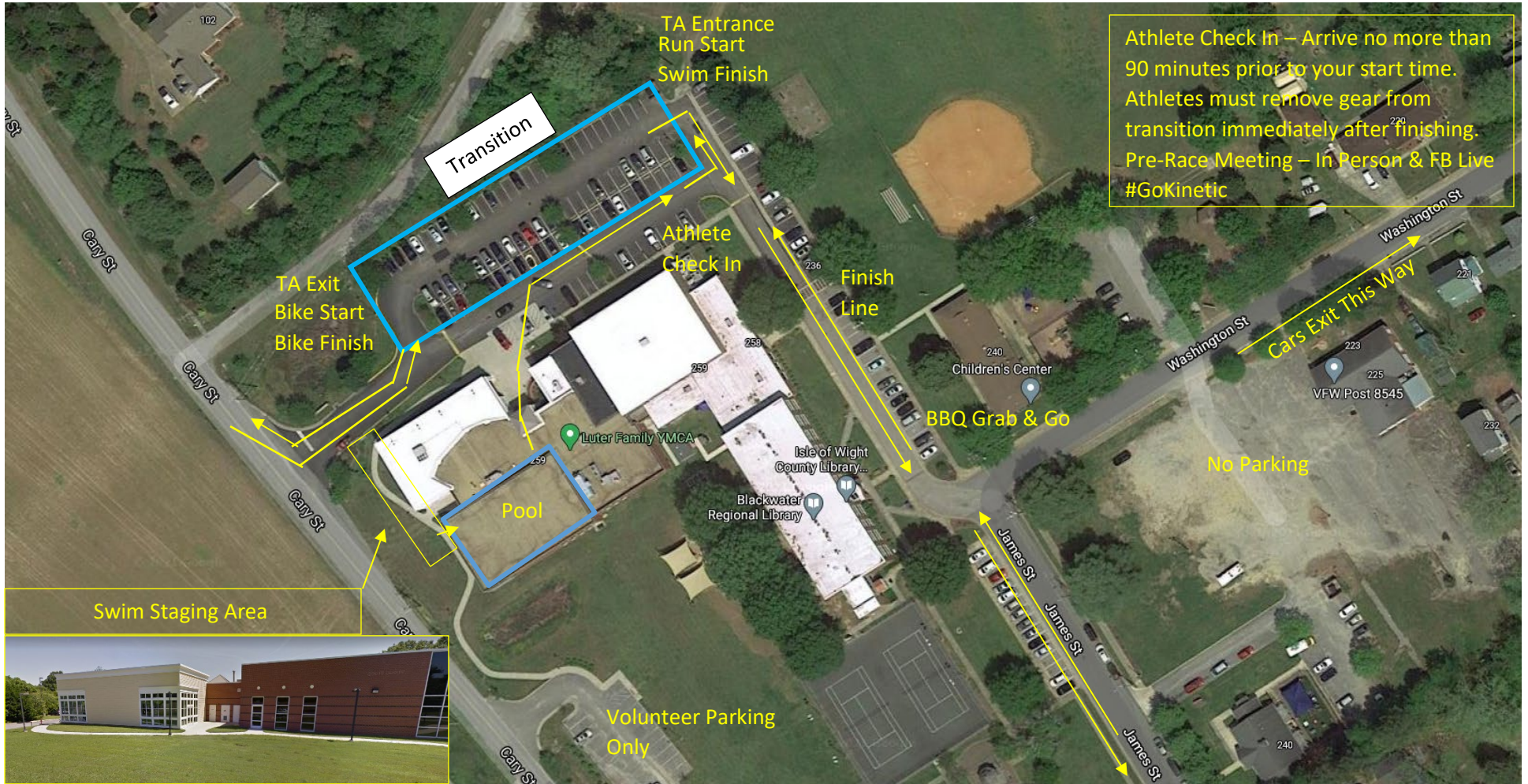
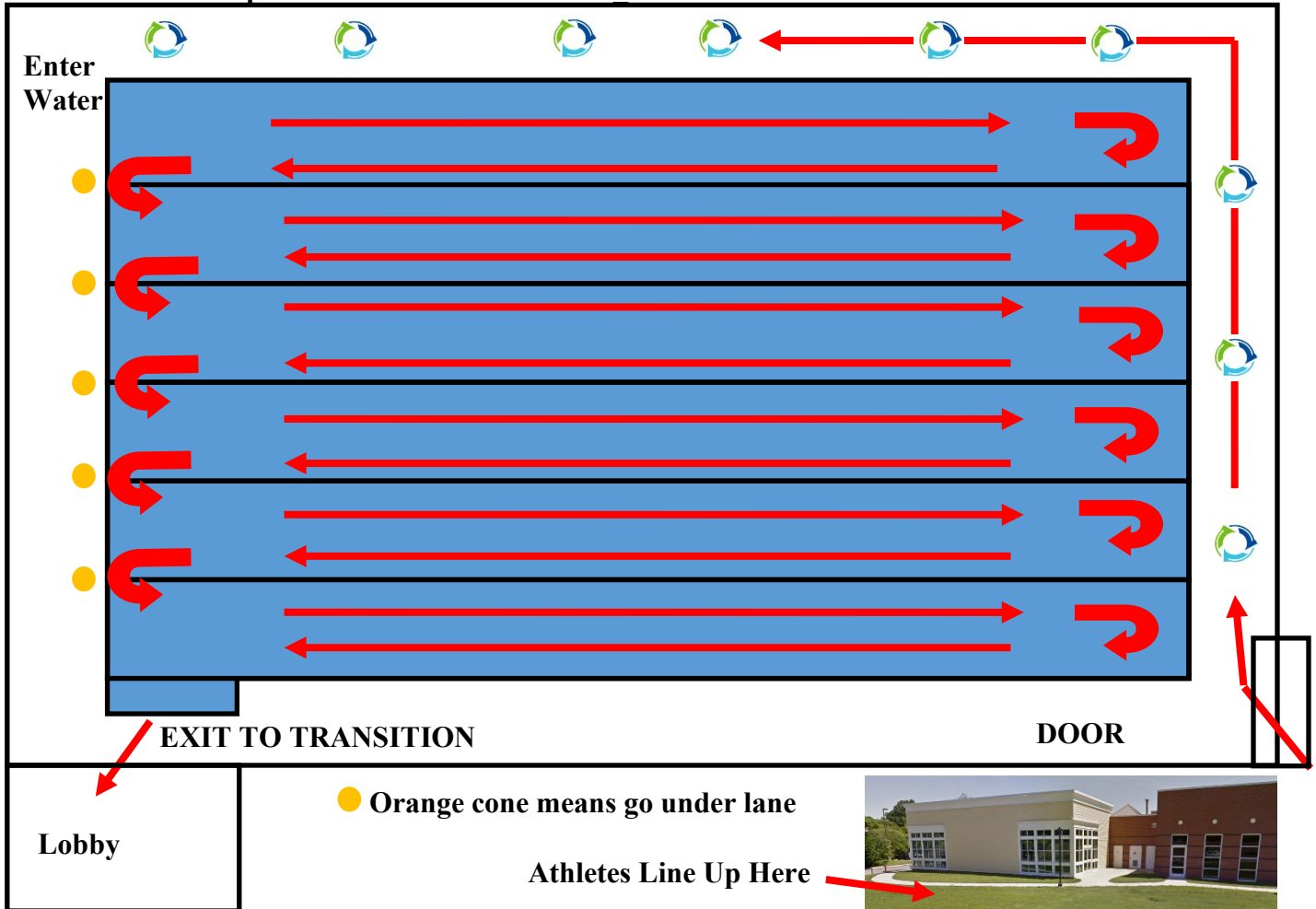


# Smithfield Triathlon Site Layout

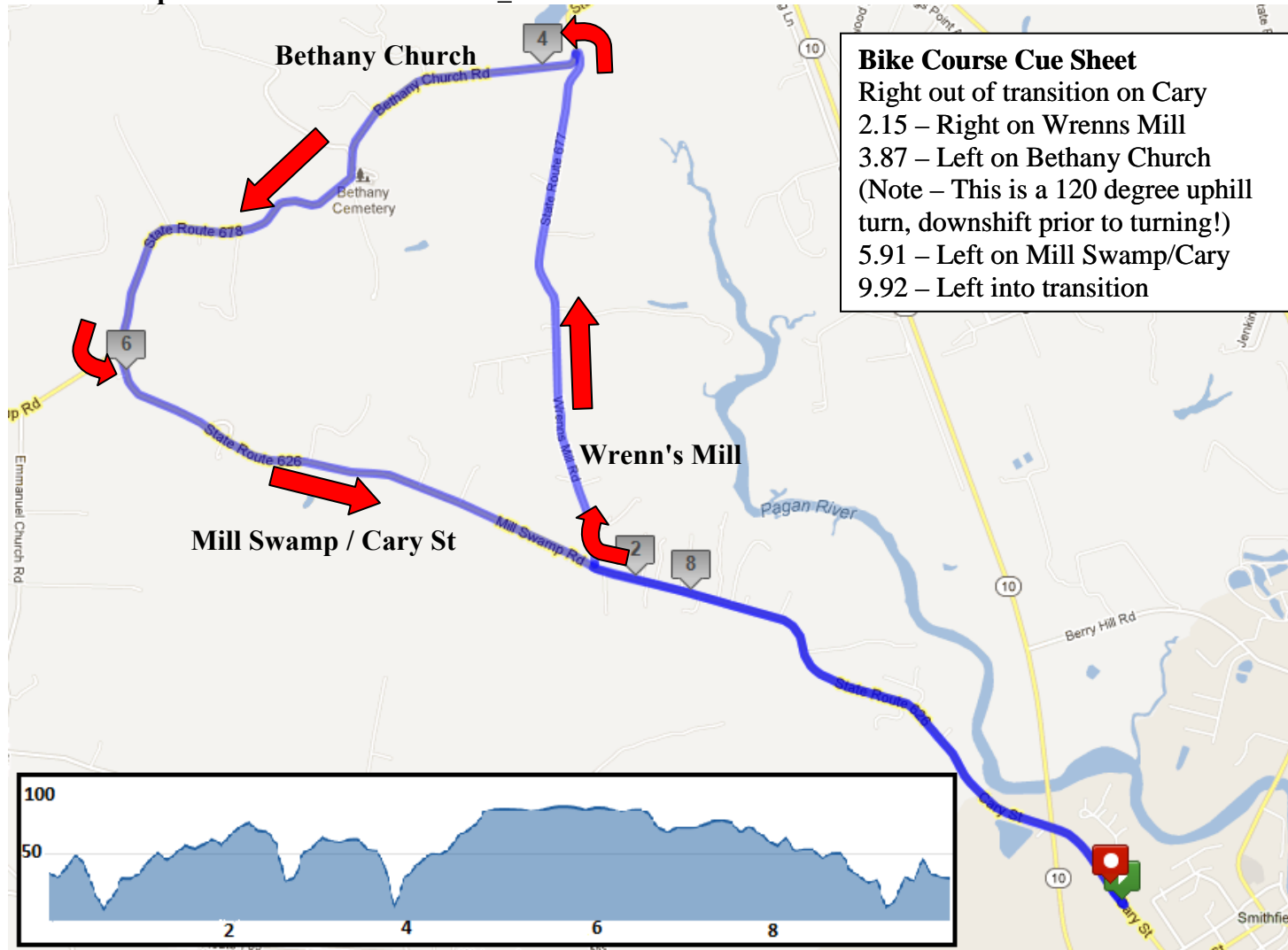


### Smithfield Sprint Triathlon Swim Course 300 Meters

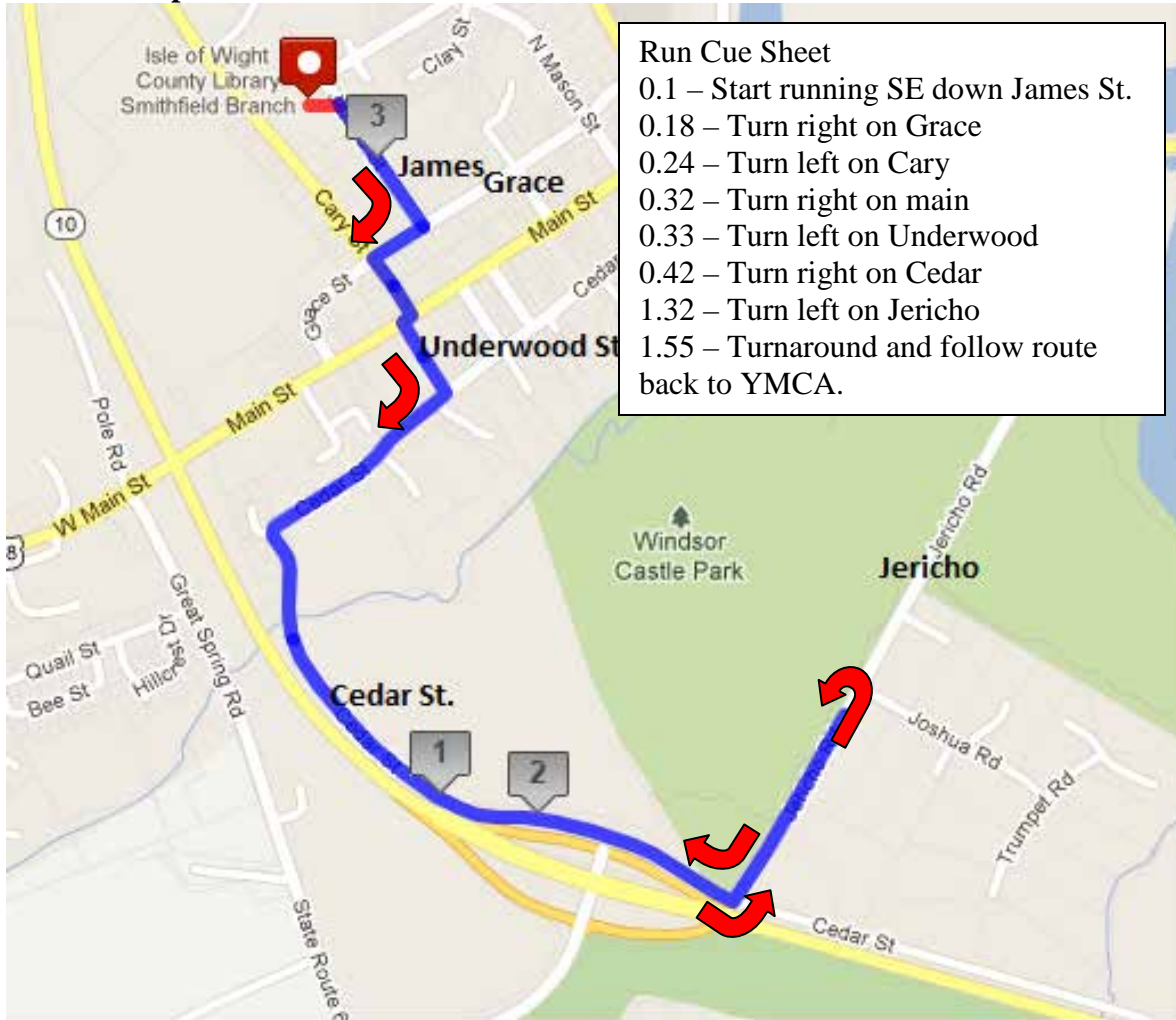


1. Athletes stage outside YMCA on south (James St) side)
2. Swim Start - We'll stage about 30 athletes at a time on the pool deck and will let in athletes 1-2 at a time as folks start swimming.
3. Other than the pool, there is no indoor access at the YMCA.
4. This is an in water start, athletes swim down & back in each lane, then duck under the lane line at the orange cones (the same side you started), then exit via pool stairs to lobby.
5. Passing: If you need to pass the person in front of you, touch their toes. They will hug the lane line or pause for a moment at the end of the lane to allow you to pass (be gracious).
6. Swim Start Times – This is a self-seeded start. Generally, faster swimmers start earlier.

### Smithfield Sprint Triathlon Bike Course\_10 Miles



### Smithfield Sprint Triathlon Run Course\_3.1 Miles



#### Run Course Notes:

1. This is an out and back course.
2. Water will be available at the start and at the far turnaround point on Jericho
3. The course is not closed to traffic, however intersections will be controlled by uniformed police officers to allow for your safe transit
4. Please use the trash cans provided, stay on the sidewalks, thank the volunteers and police for their support!

## Smithfield Triathlon Parking

