Jamestown Triathlon Swim Course 1500 / 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



Jamestown Triathlon Olympic Bike Course_24 Miles Lightfoot **Jolly Pond** (603)Ewell **Olympic Turnaround** @Middle School Freedom P 612 645 WINDSOR Centerville 633 633 612) Mile 4 713 Olympic – Straight **Sprint - Left** Colonial Williamsbur Visitor Cente **Brick Bat** Williams The Meadows 629 (31) **Green Springs Olympic Sprint** Jam Elevation 24 ft 155 ft 507 ft 18.3 mi **Cue Sheet** Mile 0.5 - Left Jamestown Rd Mile 11.7 - Right on Centerville Rd

Mile 0.6 - Left Green Springs Rd Mile 16.3 - Right on Brick Bat Rd

Mile 2.5 - Right on Rt. 5 Mile 18.9 – Left on Rt. 5

Mile 2.6 - Left on Centerville Rd Mile 20.0 - Right on Rt. 5 (Monticello goes straight)

Mile 4.0 – Sprint Left on Brick Bat / Oly Straight Mile 21.3 – Right on Green Springs

Mile 8.7 - Left on Jolly Pond Rd Mile 23.2 – Right into park via back entrance

Mile 10.2 – Turnaround at Middle School

Jamestown Triathlon Run Course_6.2 / 3.1 Miles





Jamestown Site Layout



