

Jamestown Triathlon Swim Course 1500 / 750 Meters

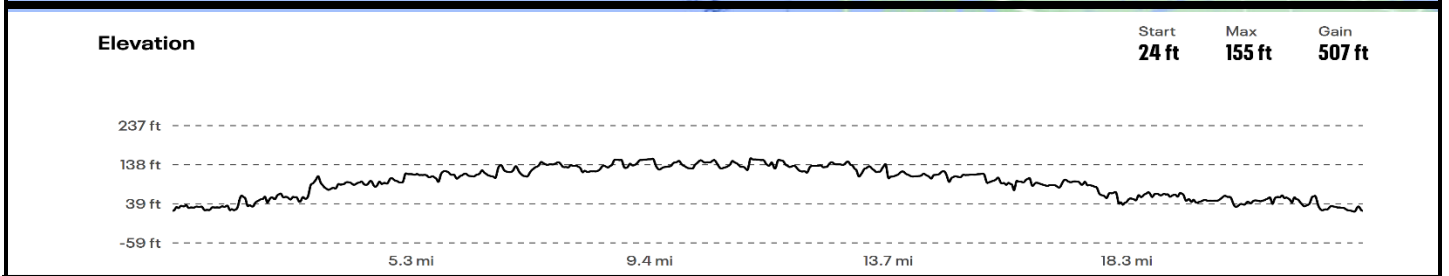
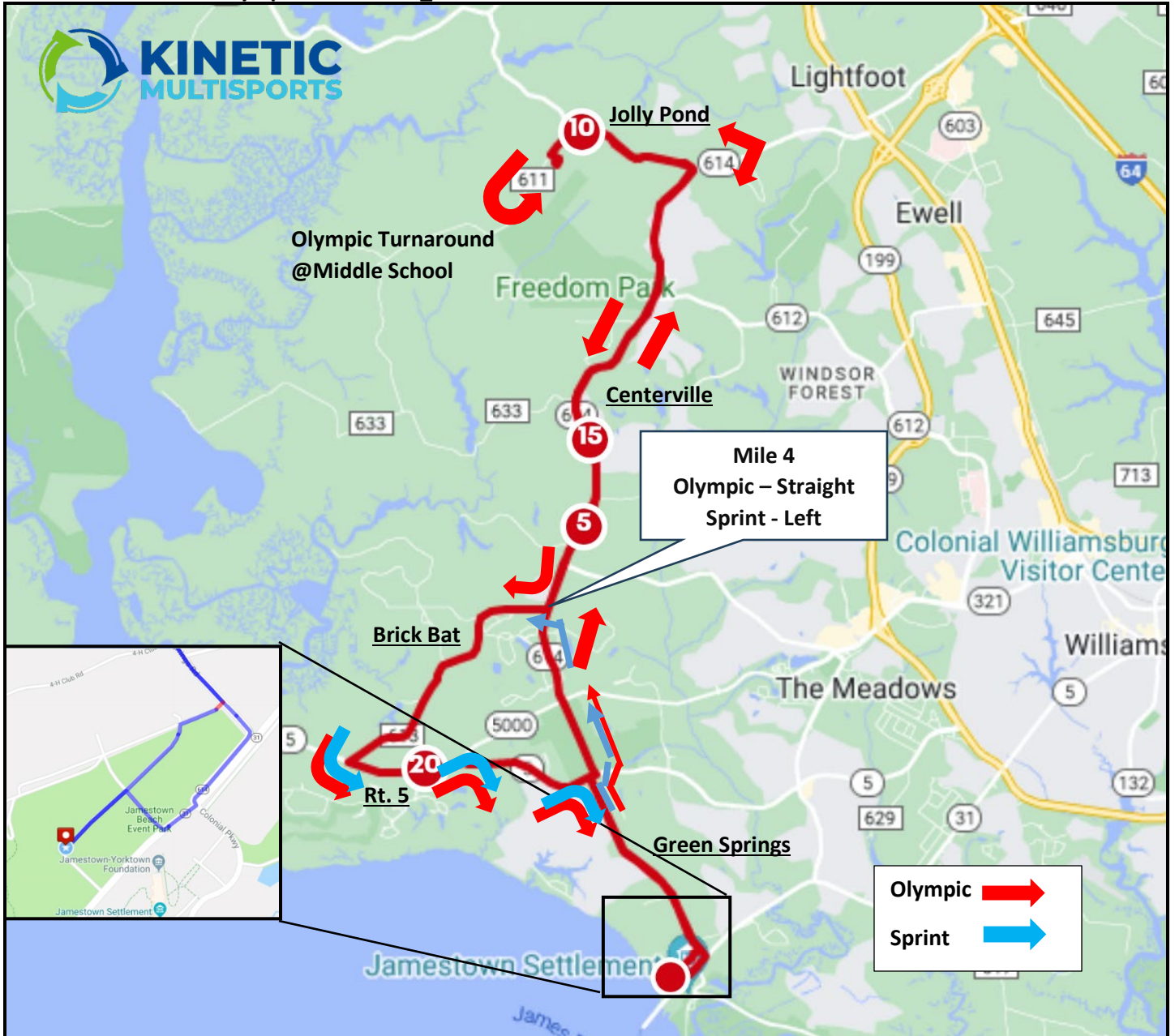


Water is brackish and shallow. If you need assistance, roll on your back and flag one of our lifeguards. Or, swim towards shore and stand up.

Route may be reversed due to currents



Jamestown Triathlon Olympic Bike Course 24 Miles



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

