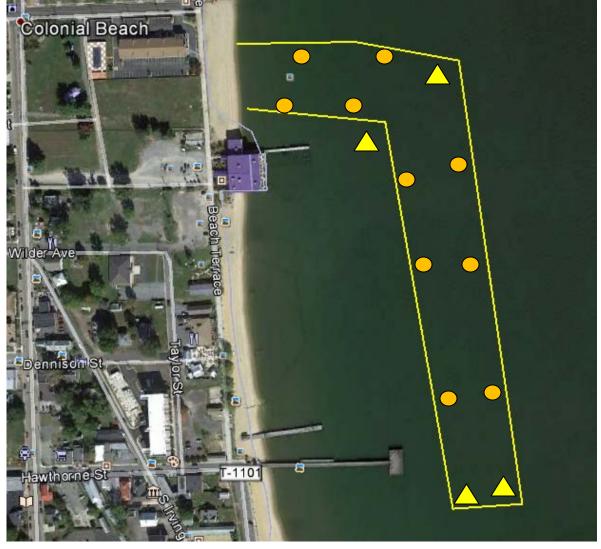


## Colonial Beach Triathlon Swim Course\_1500 Meters



## Course is approximate. Swim direction can be reversed due to current/tide situation.

-Yellow buoys are turn buoys - You must go around these in the corners!

-Orange buoys are for sighting only – You may go on either side of the orange buoys.

-If you need assistance, relax, roll on your back, place your hand in the air and our team will come to you.

Smithfield Sprint - Richmond Sprint - Angels Race - Smith Mountain Lake - Kinetic Triathlon Festival Rock Hall Triatlhon - Jamestown Triathlon & Gran Fondo - General Smallwood Triathlon - Bath County Colonial Beach Triathlon - Culpeper Triathlon & Gran Fondo - Druid Hill - Patriots Triathlon SavageMan Triathlon - Giant Acorn Triathlon - Waterman's Triathlon www.vtsmts.com



## Colonial Beach Triathlon Bike Course\_Sunday July 12\_27 Miles

Smithfield Sprint - Richmond Sprint - Angels Race - Smith Mountain Lake - Kinetic Triathlon Festival Rock Hall Triatlhon - Jamestown Triathlon & Gran Fondo - General Smallwood Triathlon - Bath County Colonial Beach Triathlon - Culpeper Triathlon & Gran Fondo - Druid Hill - Patriots Triathlon SavageMan Triathlon - Giant Acorn Triathlon - Waterman's Triathlon www.vtsmts.com





## Colonial Beach Triathlon International Run Course\_Sunday\_6.2 Miles

Smithfield Sprint - Richmond Sprint - Angels Race - Smith Mountain Lake - Kinetic Triathlon Festival Rock Hall Triatlhon - Jamestown Triathlon & Gran Fondo - General Smallwood Triathlon - Bath County Colonial Beach Triathlon - Culpeper Triathlon & Gran Fondo - Druid Hill - Patriots Triathlon SavageMan Triathlon - Giant Acorn Triathlon - Waterman's Triathlon www.vtsmts.com