

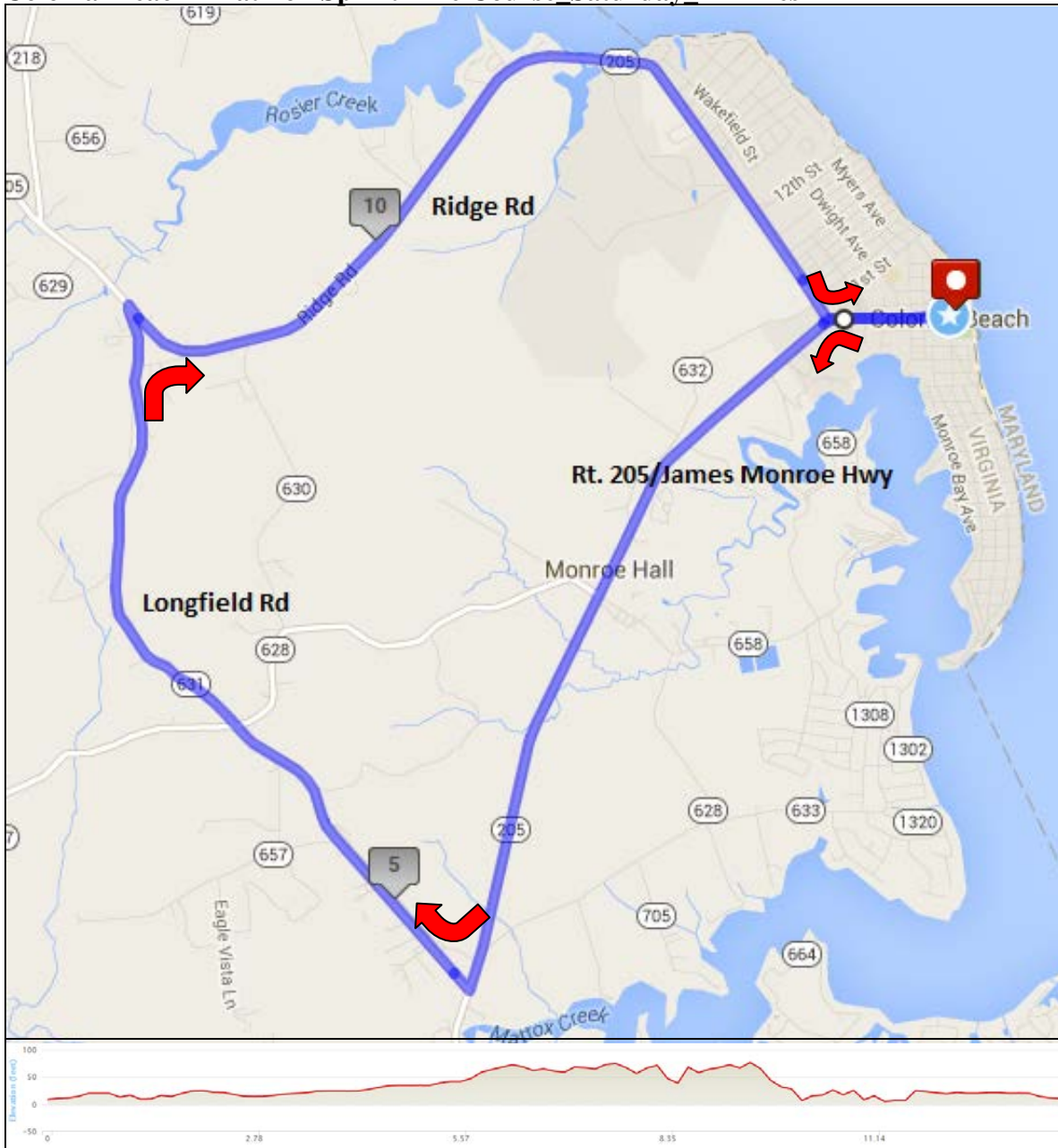
**Colonial Beach Triathlon Swim Course\_750 Meters**



*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.

**Colonial Beach Triathlon Sprint Bike Course\_Saturday\_14 Miles**



**Colonial Beach Triathlon Sprint Run Course Saturday 3.1 Miles**

