

# HITS TRIATHLON SERIES

Hague, New York

## Swim Course

100 meters/750 meters/1,500 meters/1.2 miles/2.4 miles

### OPEN: Sunday, June 19, 2016

- Swim: 100 meters (out-n-back)
  - 1) – Beach start at Town of Hague Beach Park
  - 2) – Swim out-n-back in counter-clockwise direction
  - 3) – Exit water to T1

### SPRINT: Sunday, June 19, 2016

- Swim: 750 meters (one loop)
  - 1) – Beach start at Town of Hague Beach Park
  - 2) – Swim one loop in counter-clockwise direction
  - 3) – Exit water to T1

### OLYMPIC: Sunday, June 19, 2016

- Swim: 1,500 meters (two loops)
  - 1) – Beach start at Town of Hague Beach Park
  - 2) – Swim two loops in counter-clockwise direction
  - 3) – Exit water to T1

### HALF: Saturday, June 18, 2016

- Swim: 1.2 miles (one loop)
  - 1) – Beach start at Town of Hague Beach Park
  - 2) – Swim one loop in counter-clockwise direction
  - 3) – Exit water to T1

### FULL: Saturday, June 18, 2016

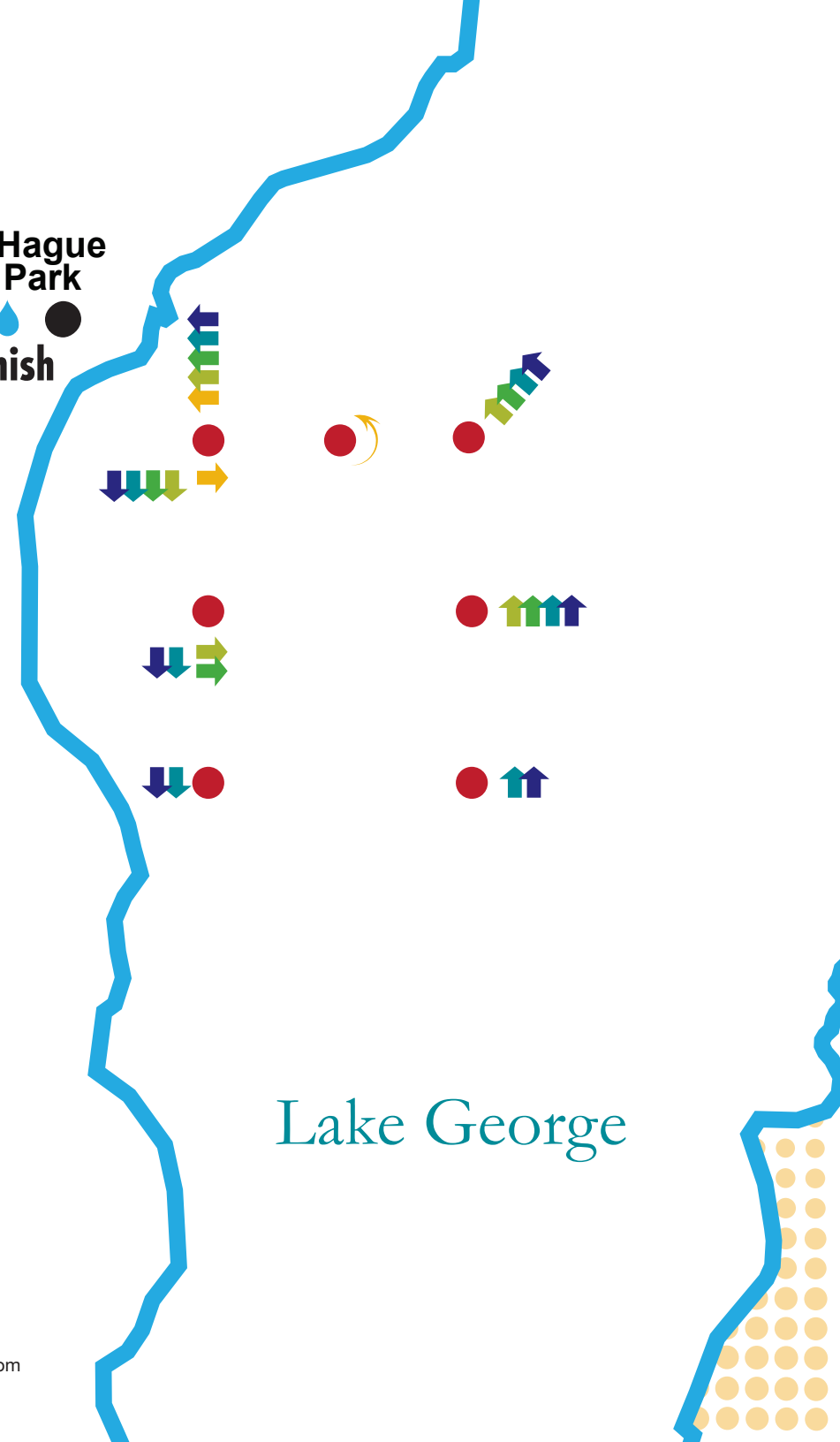
- Swim: 2.4 miles (two loops)
  - 1) – Beach start at Town of Hague Beach Park
  - 2) – Swim two loops in counter-clockwise direction
  - 3) – Exit water to T1

Course Key			
Open =		Trail =	---
Sprint =		Aid Station =	
Olympic =		Medical =	
Half =		Porta-John =	
Full =		Buoy =	

Town of Hague  
Beach Park



Start / Finish



Lake George