



LAKE GEORGE

KEEP BOUYS
ON YOUR LEFT

- ALPHA OPEN SWIM:**
Swim: 100 meters (one small loop)
1) Beach Start at Dog Beach
2) Swim one small loop in counter-clockwise direction
3) Exit water to T1 at Dog Beach
- ALPHA SPRINT SWIM:**
Swim: 750 meters (one medium loop)
1) Beach Start at Million Dollar Beach
2) Swim one medium in counter-clockwise direction
3) Exit water to T1 at Dog Beach
- ALPHA OLYMPIC SWIM:**
Swim: 1,500 meters (two medium loops)
1) Beach Start at Million Dollar Beach
2) Swim two medium loops in counter-clockwise direction
3) Exit water to T1 at Dog Beach
- ALPHA LONG COURSE SWIM:**
Swim 1.2 miles (two big loops)
1) Beach Start at Million Dollar Beach
2) Swim two big loops in counter-clockwise direction
3) Exit water to T1 at Dog Beach

2x

2x
OLYMPIC
ATHLETES
ONLY

FINISH

Dog Beach

T1

START

Million Dollar Beach

W Brook Rd

Beach Rd

US 9/Canada St



0 0.1 0.2 0.3 0.4 0.5 Miles

LAKE GEORGE TRIATHLON (SWIM)

- ALPHA OPEN
- ALPHA OLYMPIC & SPRINT COURSES
- ALPHA LONG COURSE
- BOUYS
- MEDICAL
- AID STATION
- BATHROOMS