TUPPER LAKE

ALPHA OPEN:
Swim: 100 meters (1 small loop)
1) In water start
2) Swim one small loop in counterclockwise direction
3) Exit water to T1

ALPHA SPRINT:
Swim: 750 meters (1 medium loop)
1) In water start
2) Swim one medium loop in counterclockwise direction
3) Exit water to T1

ALPHA OLYMPIC:
Swim: 1,500 meters (2 medium loops)
1) In water start
2) Swim two medium loops in counterclockwise direction
3) Exit water to T1

ALPHA LONG COURSE:
Swim: 1.2 miles (2 big loops)
1) In water start
2) Swim two big loops in counterclockwise direction
3) Exit water to T1

2x
LONG COURSE ATHLETES ONLY

KEEP BUOYS ON YOUR LEFT

2x
OLYMPIC ATHLETES ONLY

START

FINISH

Demar Blvd

TUPPER LAKE TINMAN TRIATHLON (SWIM)

- ALPHA OPEN
- ALPHA SPRINT
- ALPHA OLYMPIC
- ALPHA LONG COURSE
- BUOYS
- MEDICAL
- AID STATION
- BATHROOMS

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0 0.05 0.1 Miles