



KEEP BUOYS ON YOUR LEFT

Binnewater Rd

FIFTH LAKE

ALPHA OPEN:

- Swim: 100 meters (out n back)
- 1) Beach start at Fifth Lake
- 2) Swim one small loop in counter clockwise direction
- 3) Exit water to T1

ALPHA OLYMPIC:

- Swim: 1,500 meters (two loops)
- 1) Beach start at Fifth Lake
- 2) Swim two loops in counter clockwise direction
- 3) Exit water to T1

ALPHA SPRINT:

- Swim: 750 meters (one loop)
- 1) Beach start at Fifth Lake
- 2) Swim one loop in counter clockwise direction
- 3) Exit water to T1

ALPHA LONG COURSE:

- Swim: 1.2 miles (two loops)
- 1) Beach start at Fifth Lake
- 2) Swim two loops in counter clockwise direction
- 3) Exit water to T1

2x
LONG COURSE
ATHLETES
ONLY

2x
OLYMPIC
ATHLETES
ONLY



START

FINISH

Williams Lake Hotel

HUDSON VALLEY TRIATHLON (SWIM)

- ▶▶▶ ALPHA OPEN
- ▶▶▶ ALPHA SPRINT
- ▶▶▶ ALPHA OLYMPIC
- ▶▶▶ ALPHA LONG COURSE

● BUOYS

⊕ MEDICAL

🚰 AID STATION

🚻 BATHROOMS

N



0 0.05 0.1 0.15 0.2 Miles