



American Triple-T  
Atwood Lake Park  
Swim Course Map  
SUPER SPRINT: 250y 1-Lap  
SPRINT: ½ mile 1-Lap  
OLYMPIC: 1 mile 2-Laps  
HALF IRON: 1.2 miles 2-Laps (extended course)

**DIRECTIONS:** Dual Time Trial Start (2 athletes start at a time every 5-10 seconds) **FEET FIRST ENTRY ONLY** swim start. Participants start in order of assigned number based on your pre-race seeding. All buoys are to be kept to your right except for the final yellow exit buoy and green buoy next to the boat docks.

