



# Y-Not Tri Swim Course

## Legend:

**Green** — Start in the water next to the dock

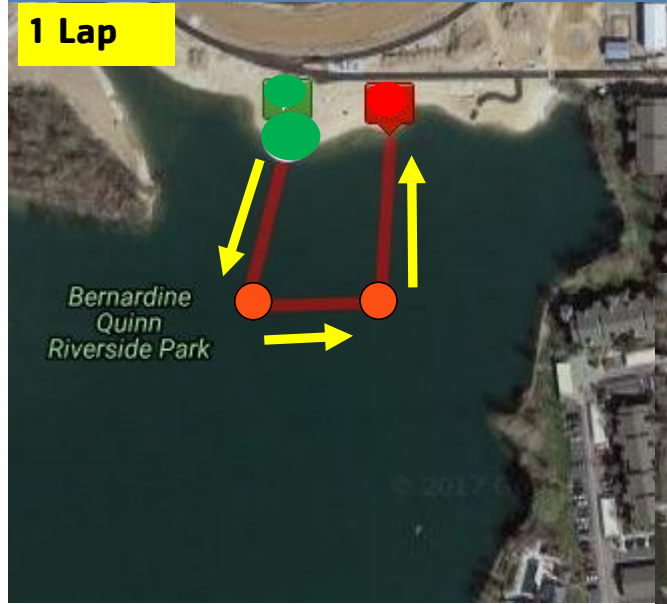
**Red** — Swim Exit at Ramp

**Orange** — Buoys

From the start swim counter clockwise, stay to the left of the buoy on the turns.

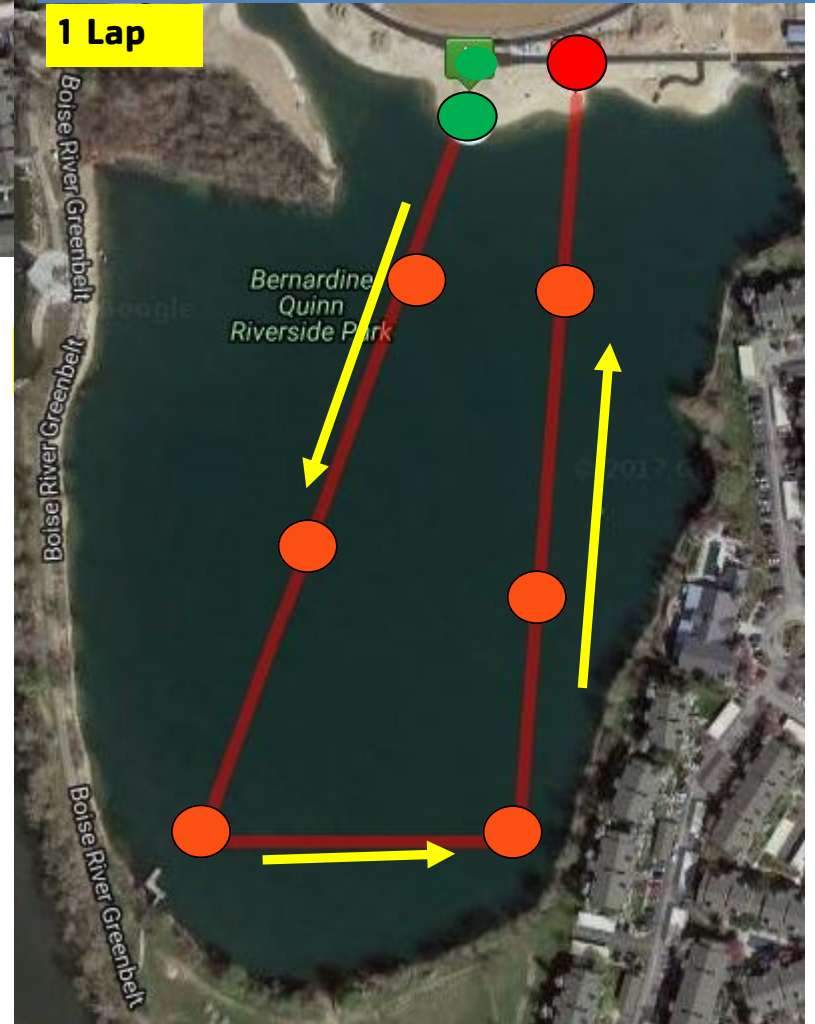
## Super Sprint: 200m

1 Lap



## Double Sprint: 800m

1 Lap



## Sprint: 400m

1 Lap

