

2023 COURSE MAP

SWIM COURSE

SPRINT 
OLYMPIC 

SPRINT COURSE

Sprint swim will start to the west of J&K Marine. Swim south 250 feet past the end of J&K's dock, rounding the buoy, then turn east keeping the marine on your left. Continue for 500 feet to the east until you reach a buoy at the east end of the marine. Turn North, keeping the buoy and marine on the left and swim 550 feet into the beach at the Pavilion.

OLYMPIC COURSE

Olympic swim will start to the west of J&K Marine. Swim south keeping the first large buoy on your left, then swim between the two small buoys. Veer south-east keeping the next large buoy on your left. Continue to the next large buoy keeping it on your left. Head north keeping the buoy on your left and finish at the beach at the Pavilion.

BIKE COURSE

SPRINT & OLYMPIC 
SPRINT COURSE - 1 Lap OLYMPIC COURSE - 2 Laps

Exit from City Park Transition Area:

RIGHT	at Park Street
Left	at Roosevelt Avenue
Right	at James Street
RIGHT	at Madison Avenue
Left	at North Shore Drive
LEFT	at Corbett Road
RIGHT	at Hwy 10 Frontage Road
Right	at East Shore Drive
Right	at South Shore Drive
RIGHT	at Shorewood Drive
RIGHT	at Long Bridge Road
RIGHT	at West Lake Drive
END	in City Park

RUN COURSE

SPRINT 
OLYMPIC 

SPRINT COURSE

East on North Shore Drive to Holiday Inn and back

OLYMPIC COURSE

City Park Transition East on North Shore Drive, East Shore Drive to Turnaround, Finish in City Park

SUP / KAYAK COURSE

SPRINT & OLYMPIC 

SUP (Stand Up Paddle Board) and Kayak course will start to the west of J&K Marine, just west of the sprint swim course start line. Paddle south past the first large buoy, round the buoy, keeping it on your left, then turn southeast towards the second large buoy. Continue to the second large buoy, keeping it on your left. Turn north, keeping the buoy and marina on the left and paddle to the far east side of the public beach.

