



Lake Springfield Triathlon

SWIM MAP

COURSE FEATURES

- Direction is counterclockwise
- Marked with yellow sighting buoys approximately 100 yards apart

SPRINT (500 yards) COURSE

- Turns marked by green triangle buoy

OLYMPIC (.9 Mile) COURSE

- Turns marked by orange & green triangle buoys

HALF (1.2-MILE) COURSE

- Turns marked by orange triangle buoys