

# CARLYLE LAKE TRIATHLON SWIM MAP

START  
FINISH  
SPLASH-IN  
AREA

**SPRINT COURSE**  
- Enter water at START  
- Swim 375M past ● (on right)  
- Make 180° right turn around ▲ (on right)  
- Swim 375M past all ● to FINISH  
Total swim distance - **750 METERS**

**OLYMPIC COURSE**  
- Enter water at START  
- Swim 750M past ● and ▲ (on right)  
- Make 180° right turn around ▲ (on right)  
- Swim 750M past all ● / ▲ to FINISH  
Total swim distance - **1500 METERS**

**MAP KEY**  
● Marker/Sighting Buoys  
▲ Turn Buoys

COURSE DESIGN & WATER SAFETY BY  
**BYLG Consulting**  
Aquatic Event Management Services  
[www.BACKYARD-LIFEGUARDS.com](http://www.BACKYARD-LIFEGUARDS.com)

Spillway  
Recreation  
Area

Carlyle Dam

840 E  
Sunrise Hill

Carlyle Dam Rd

Sunrise Hill

Carlyle Dam Rd

Carlyle Dam Rd

