

Innsbrook Triathlon – Swim Course Map

Sprint Swim Route – 750 meter swim

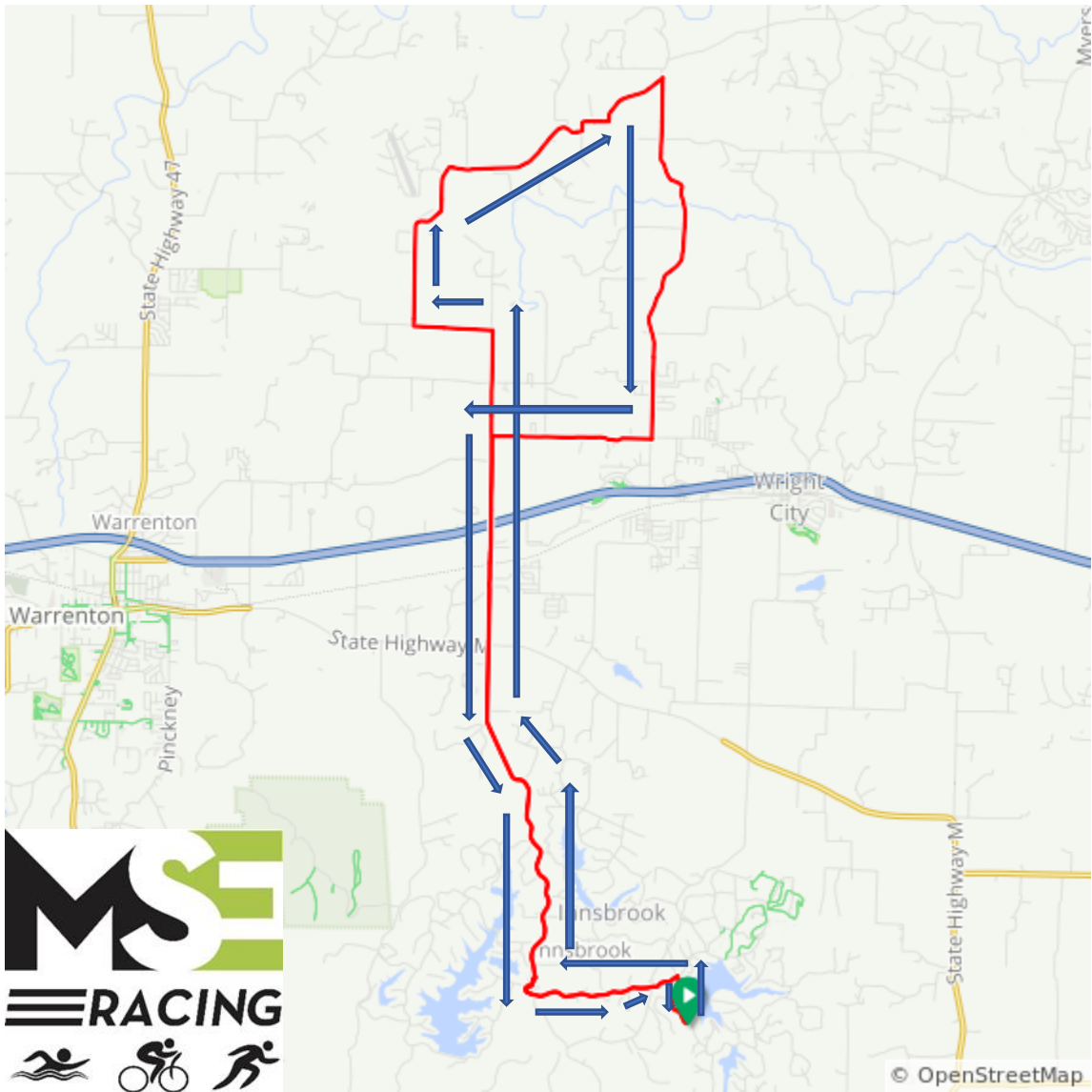
Olympic Swim Route – 1500 meter swim



SWIM START:

The Innsbrook Triathlon will start athletes in 2 waves: Olympic Wave and Sprint Wave. Olympics will line up first, you will seed yourself by estimated swim pace, we will have volunteers with pace signs. Athletes in each wave will enter the water 2-4 at a time, every 5 seconds. Once all Olympic athletes are in the water, we will repeat this process with the Sprint athletes.

Innsbrook Triathlon – Olympic Bike Route



Click here to view the route turn by turn –

<https://ridewithgps.com/routes/41863596>

Elevation



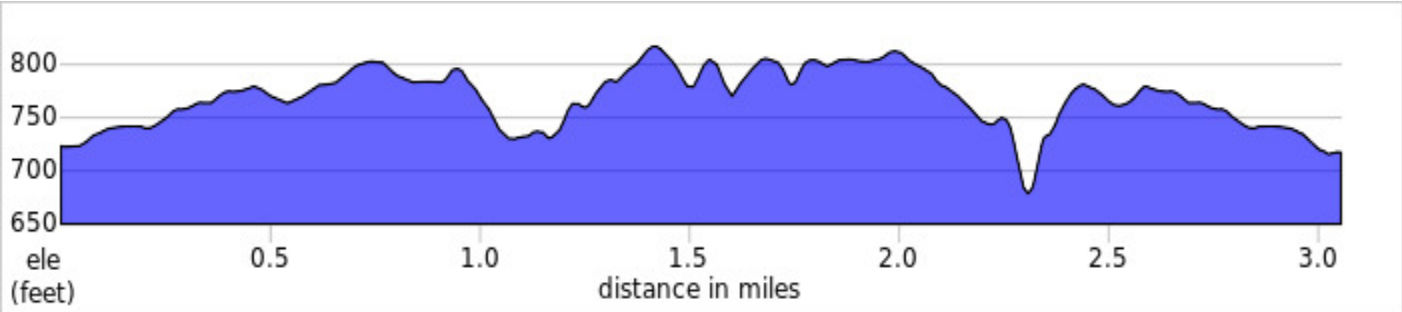
Innsbrook Triathlon – Sprint Run Route



Click here to view the route turn by turn –

<https://ridewithgps.com/routes/41620984>

Elevation



Innsbrook Triathlon – Olympic Run Route



Click here to view the route turn by turn –

<https://ridewithgps.com/routes/41876893>

Elevation

