

# 2023 CARLYLE LAKE TRIATHLON SWIM MAP

## COURSES & DISTANCES

SPLASH-IN  
WARM-UP  
AREA

START  
FINISH

### 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

- 1 ● Lifeguard (and number)
- Marker/Sighting Buoys
- ▲ Turn Buoys



COURSE DESIGN &  
WATER SAFETY BY

WWW.BACKYARD-LIFEGUARDS.COM

Spillway  
Recreation  
Area

Carlyle Dam

Carlyle Dam Rd

1840 E  
Sunrise Hill

Sunrise Hill

Carlyle Dam Rd

Sunrise Hill

Carlyle Dam Rd

