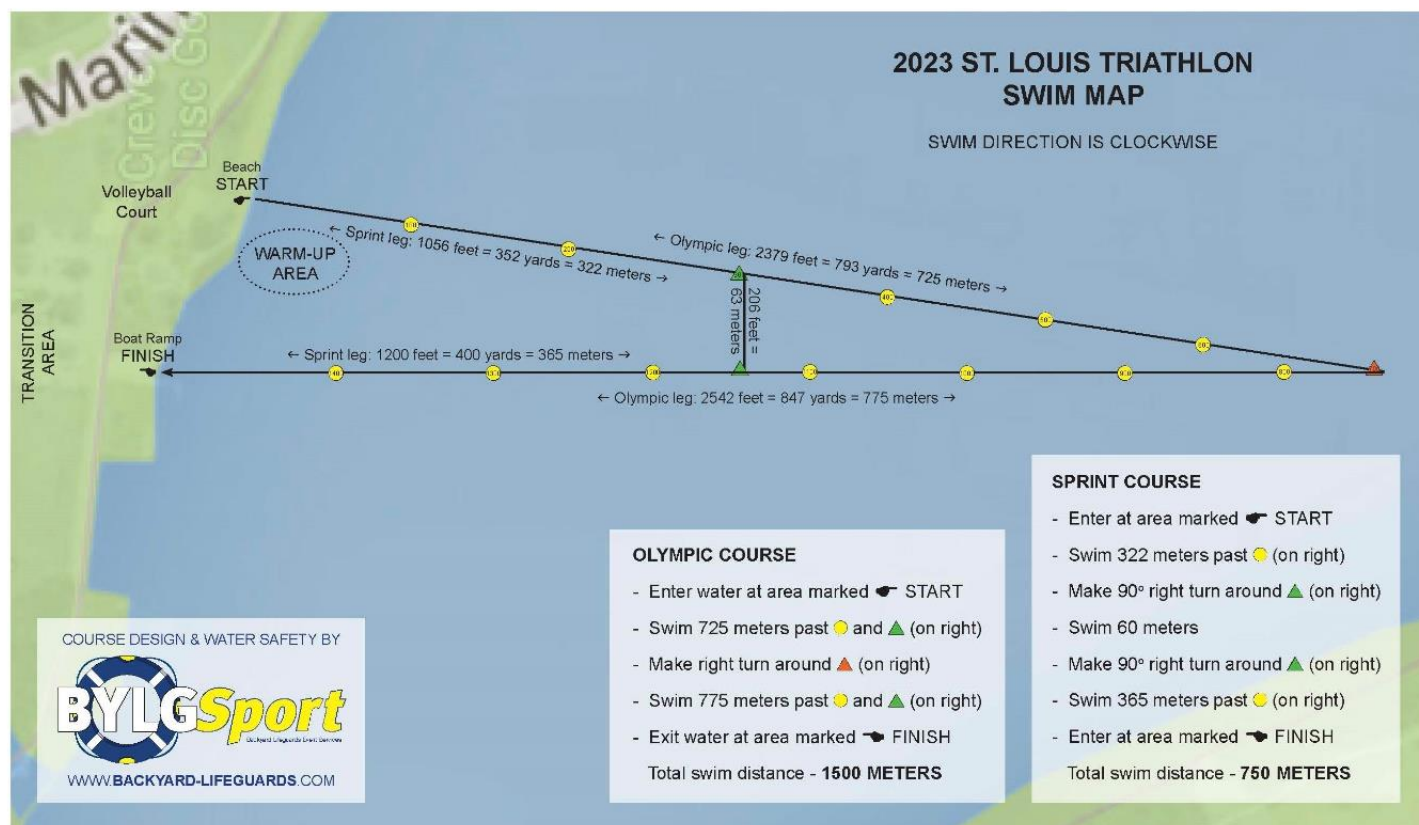


# Lou Fusz Subaru St. Louis Triathlon – Swim Course Map

## Sprint Swim Route – 750 meter swim

## Olympic Swim Route – 1500 meter swim



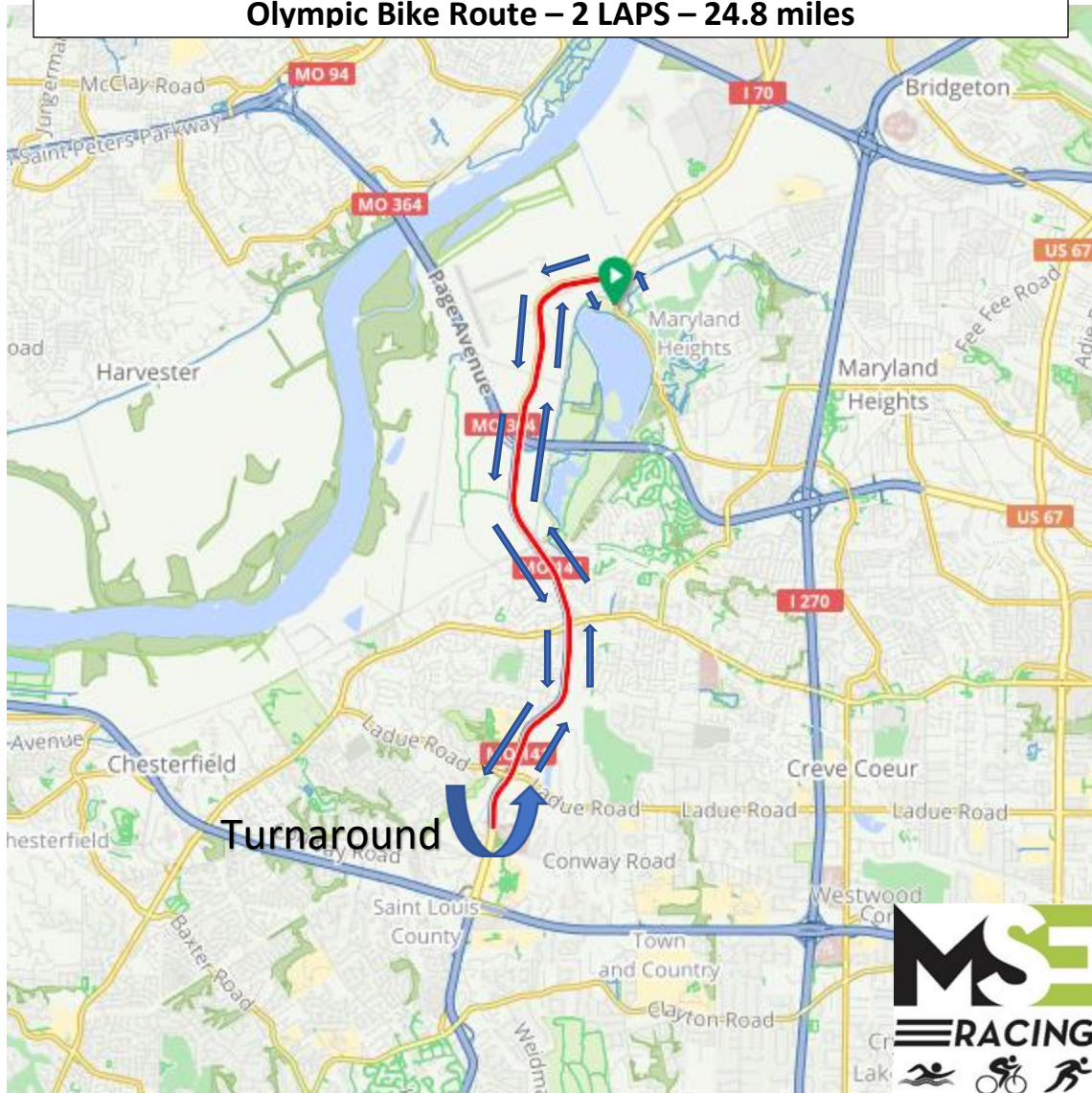
### SWIM START:

The Saint Louis 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 4 at a time, every 5 seconds. Once all Olympic athletes are in the water, we will repeat this process with the Sprint athletes. The swim start plan will be discussed in detail at the highly recommended pre race talk.

# Lou Fusz Subaru St. Louis Triathlon – Out & Back Bike Course

Sprint Bike Route – 1 LAP - 12.4 miles

Olympic Bike Route – 2 LAPS – 24.8 miles



Click here to view the route turn by turn –

Sprint Route - <https://ridewithgps.com/routes/41578088>

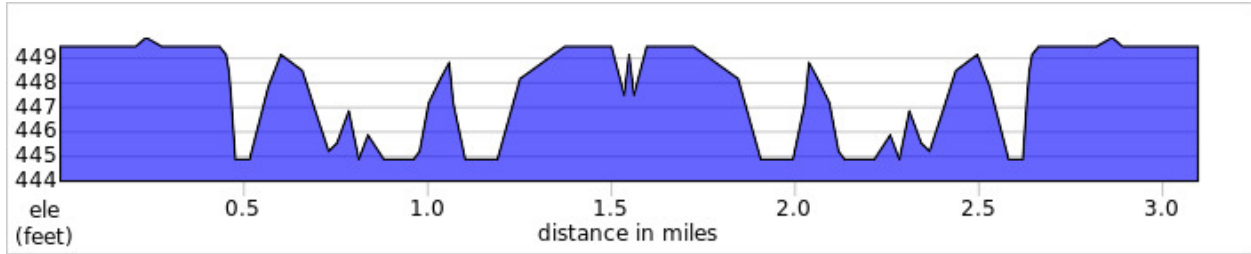
Olympic Route - <https://ridewithgps.com/routes/41578070>



**Lou Fusz Subaru St. Louis Triathlon – Sprint Run Route – 3.1 miles**  
**Out & Back Course**

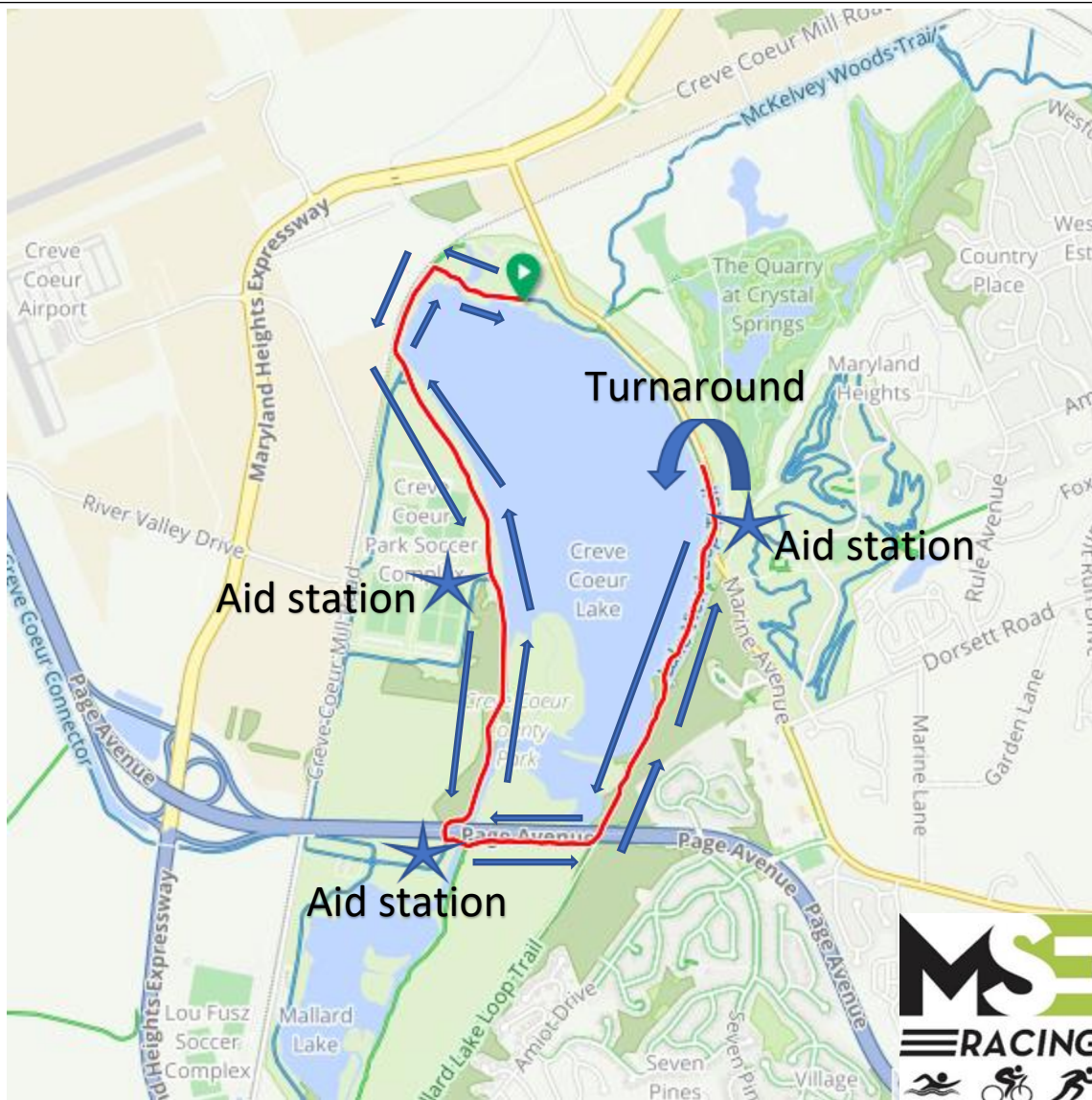


Click here to view the route turn by turn –  
<https://ridewithgps.com/routes/41578103>



# Lou Fusz Subaru St. Louis Triathlon – Olympic Run Route – 6.2 miles

## Out & Back Course



Click here to view the route turn by turn –

<https://ridewithgps.com/routes/41578095>

