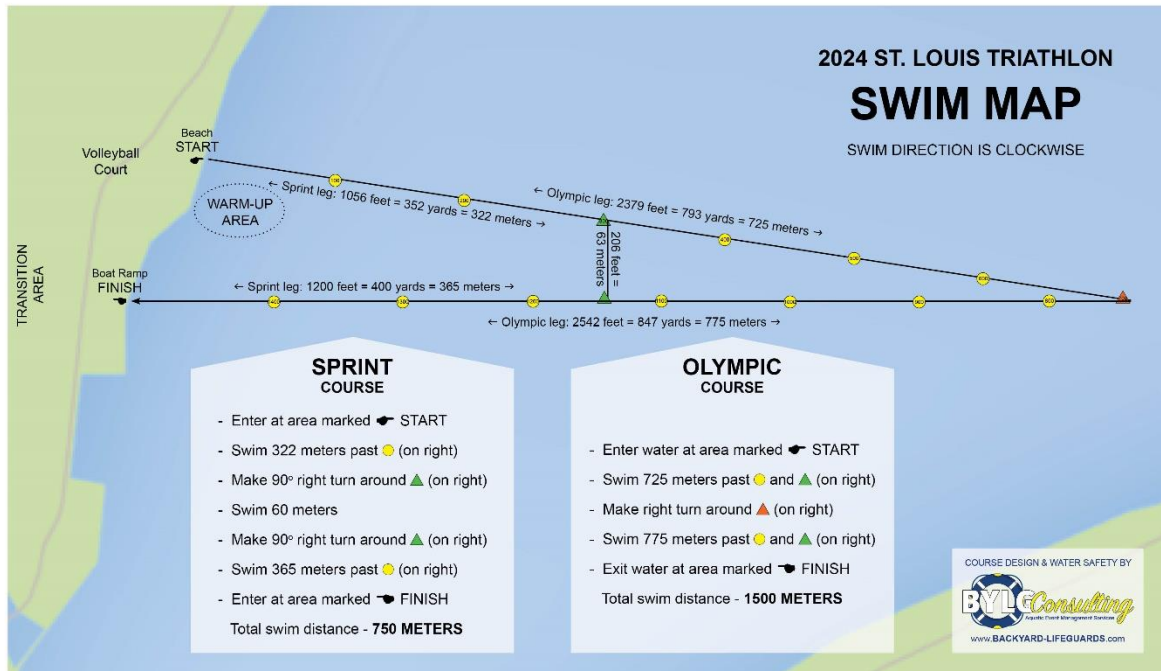


Lou Fusz Subaru St. Louis Triathlon – Swim Course

Sprint – 750 meters

Olympic – 1500 meters



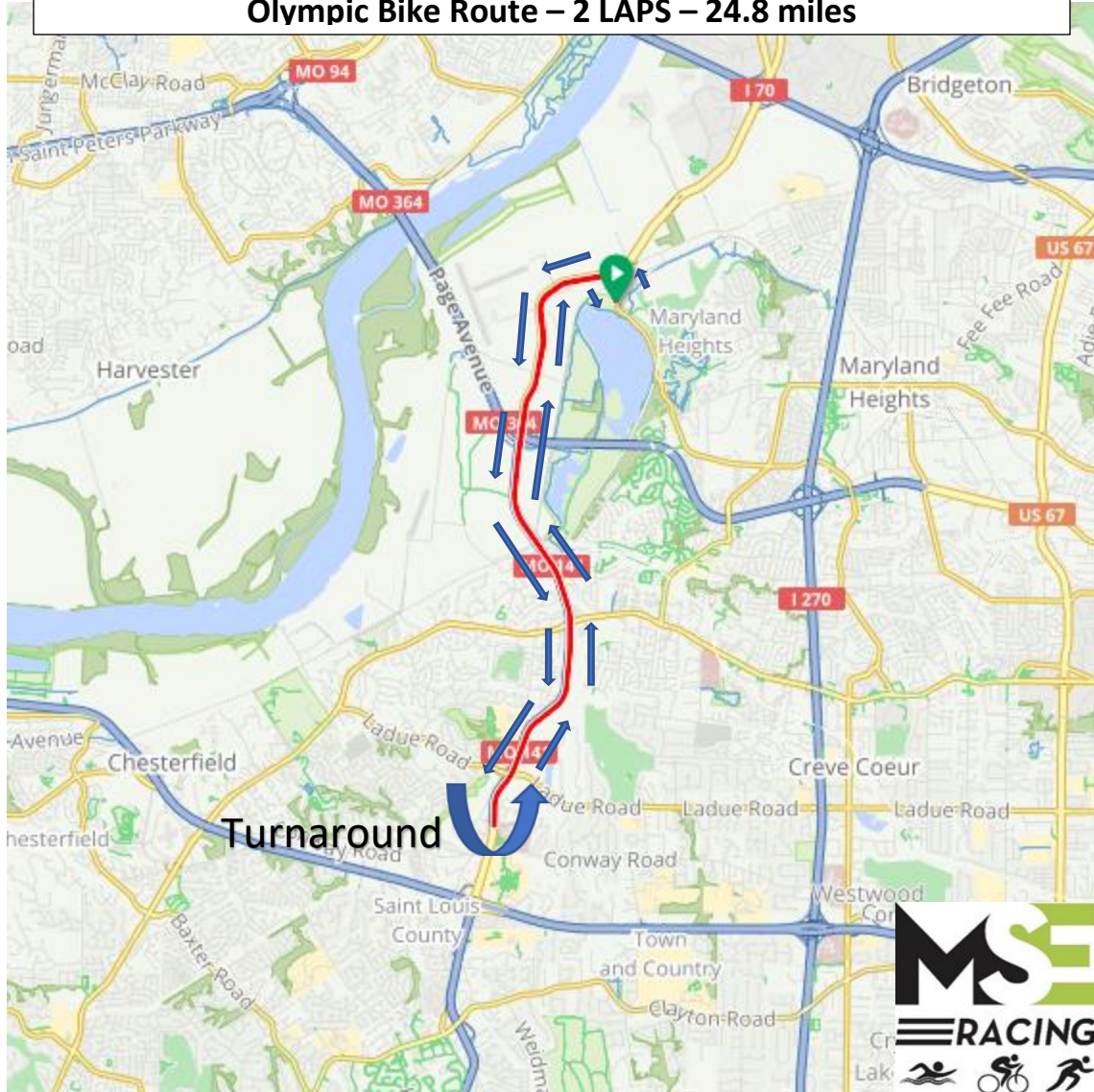
SWIM START:

The Saint Louis Triathlon will start athletes in 2 waves: Sprint Wave and Olympic Wave. Sprints 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 3 seconds. Once all Sprint athletes are in the water, we will repeat this process with the Olympic 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>



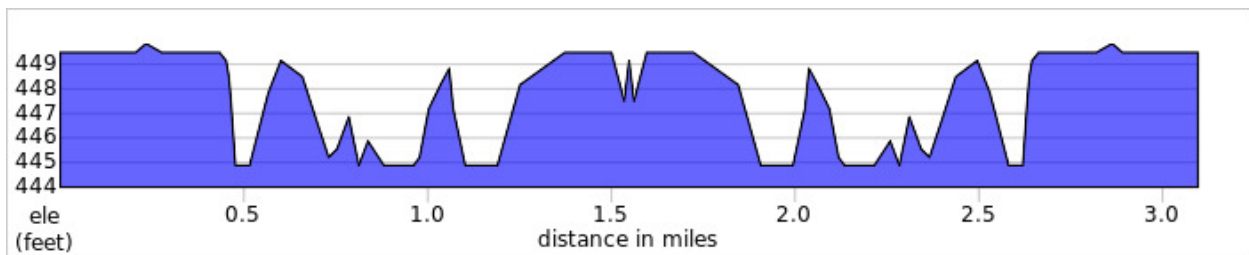
Lou Fusz Subaru St. Louis Triathlon – Sprint Run Route – 3.1 miles

Out & Back Course



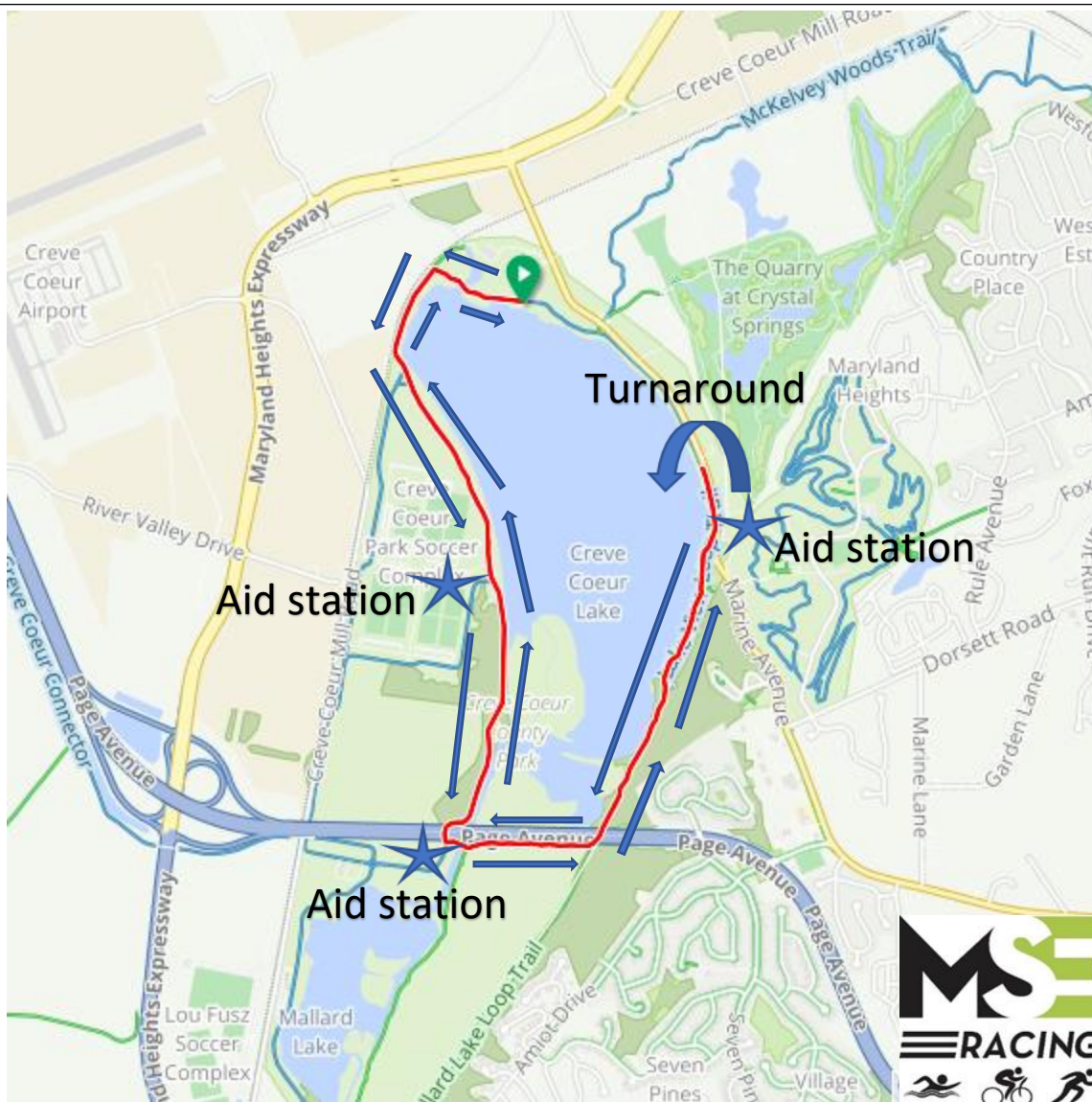
Click here to view the route turn by turn –

<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>

