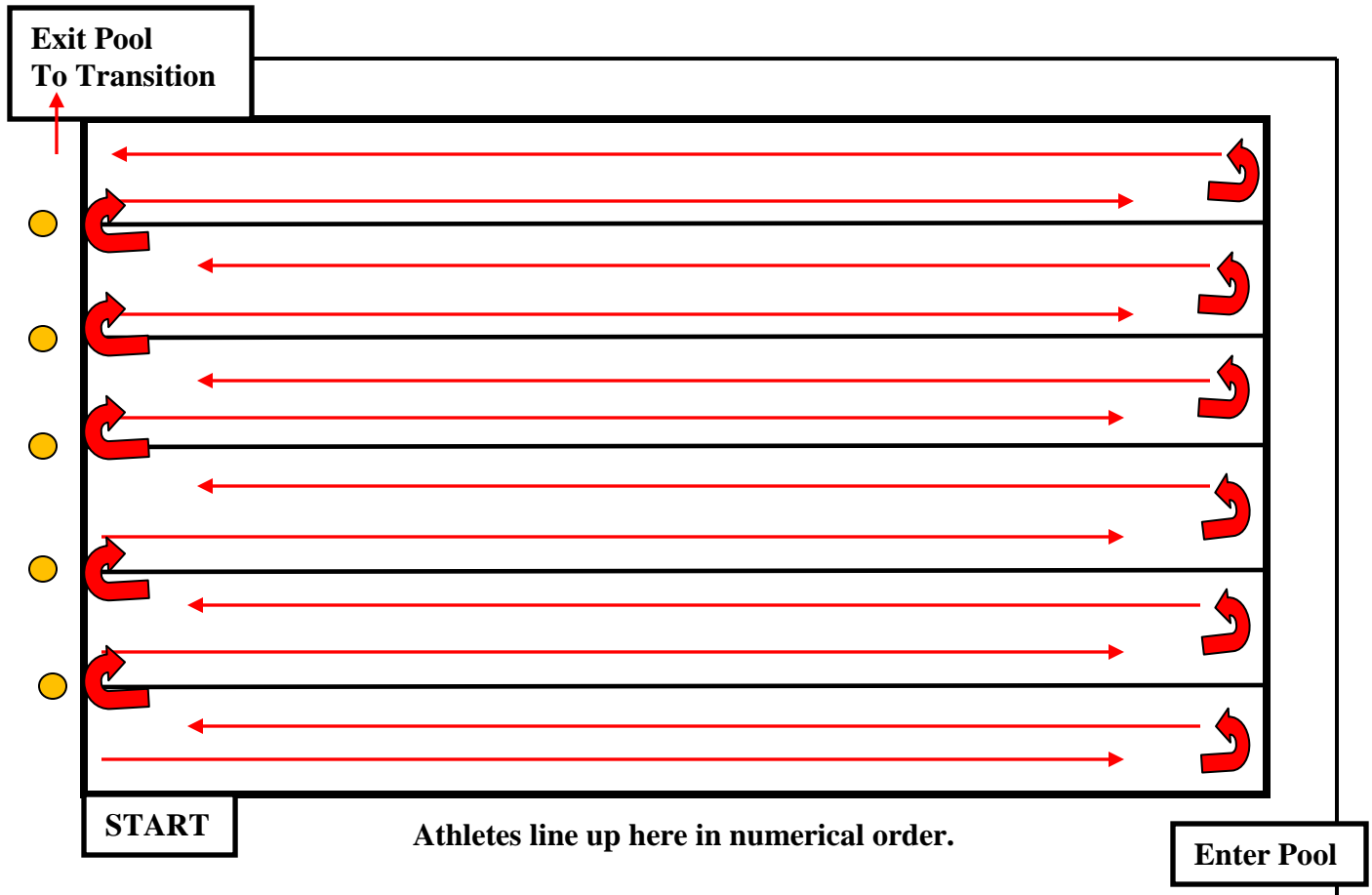


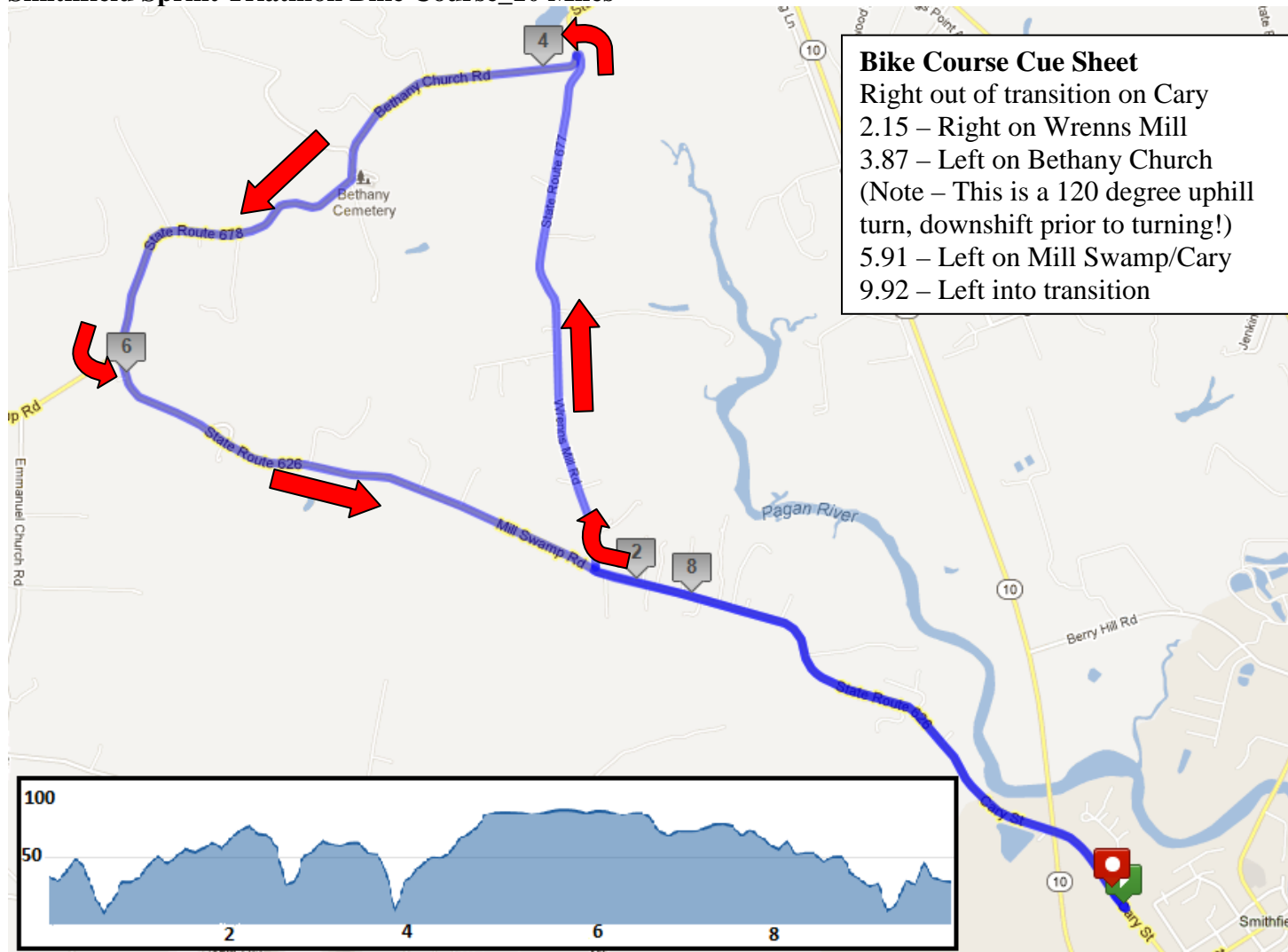
### Smithfield Sprint Swim Course\_300 Meters



#### Swim Course Notes:

1. Athletes only in the pool, approximately 50 at a time. (No spectators allowed on deck)
2. Athletes start in the water and swim down and back in each lane.
3. Swimmers will go under the lane lines at the same side of the pool that they started from, these are noted here with an orange dot and will be marked with an orange cone during the race.
4. Passing: If you need to pass the person in front of you, touch their toes. They will hug the lane line or pause for a moment at the end of the lane to allow you to pass. (please be patient, this is a duathlon with a short swim on the front end)
5. Swim Start Order – Everyone submitted an estimated swim time, some are better at this than others. Swim times can be changed in your profile up to a week prior to the race, after that there are no changes.

### Smithfield Sprint Triathlon Bike Course\_10 Miles



### Smithfield Sprint Triathlon Run Course\_3.1 Miles



#### **Run Course Notes:**

1. This is an out and back course.
2. Water will be available at the start and at the far turnaround point on Jericho
3. The course is not closed to traffic, however intersections will be controlled by uniformed police officers to allow for your safe transit
4. Please use the trash cans provided, stay on the sidewalks, thank the volunteers and police for their support!