

MUSIC CITY TRIATHLON SWIM COURSES: Sprint 300 meters | Intermediate 1500 meters



Swim Course Description:

NOTES:

- Everyone must wear provided swim cap
- Swim cap colors distinguish race
- A special cap color will be offered to anyone desiring special attention
- If you have a latex allergy, please bring your own swim cap!

SPRINT (300 METERS)

- Start on East Bank Boat Dock
- Point-to-Point Swim with river current
- Interval Start by Race Number
- Buoys will mark course - keep buoys on your RIGHT
- Exit at new East Bank Landing Beach
- Run up grassy hill to race transition area in Lower Lot R

INTERMEDIATE (1500 METERS)

- Start on East Bank Boat Dock
- Interval Start by Race Number
- Start heading up river / against the current for just over 600 meters
- Large Inflatable Buoys will mark the course approximately every 100 meters and at course turns
- Keep Buoys on your RIGHT
- Swim against current closer to edge of river to enjoy the lowest current
- Swim short distance to the middle of the river then head down river with the current for the final 850 meters
- Exit at new East Bank Landing Beach
- Run up grassy hill to race transition area in Lower Lot R

