

PILGRIMMAN TRIATHLON SWIM COURSES

- SPRINT TRIATHLON 1 LOOP (RED ARROWS TURNING ON GREEN BUOYS; 0.3 miles);**
- SPRINT SPLASH & DASH 1 LOOP (BLUE ARROWS TURNING ON YELLOW BUOYS; 0.6 miles)**
- HALF 2 LOOPS (BLUE ARROWS TURNING ON YELLOW BUOYS; 0.6 miles x 2 = 1.2 miles)**

