

2K Open Water Swim Course 2011 Physically Strong Triathlon and OWS

Straightforward clockwise course. There will be three large -7 foot tall- orange tetrahedron buoys in the water. You will not have a problem sighting on these at all. These are the same ones used for open ocean sailboat racing. This is essentially the same course we used for the "old" Seahorse Triathlon when it was at Rota-Kiwan and remained one of the last holdouts for long course intermediate distance events with a 2K instead of the current 1.5K swim distance.

- Start at a buoy line about waist deep water level just off from the shoreline.
- Keep buoy #1 to your right and proceed to #2 (green line)
- Keeping #2 to your right, turn and proceed to buoy #3 (green line)
- Keeping #3 to your right, turn and proceed back to buoy #2 (blue line)
- Keeping #2 to your right, turn and go back to buoy #3 (blue line)
- Keeping #3 to your right, make a half turn and head straight in to shore to the finish line (red line)
- The finish line mat is about 20 feet in from the shoreline

This symbol notes approximate support boat placement. The two with arrows will be moving up to the main line after swimmers complete opening leg of course

