



**KEY**

- SWIM COURSE
- ⋯ SWIM IN
- BIKE COURSE
- RUN COURSE

Straight to Lap 2  
Left to Finish

To Lap 2

**TRANSITION**

**FINISH**

**START**

SWIM IN

BIKE OUT

RUN OUT

BIKE IN

Grissom Island


**Americas Triathlon Cup** | Long Beach 2022

**SWIM COURSE**  
(750M-1 LAP)