Columbia Association Triathlon, <u>Sprint DIstance</u> - 400 yards, 16 lengths Start in lane 1. Swim to end of lane 1. Turn around. Swim to end of lane 1. Duck under lane rope. Repeat in lanes 2-8. Climb out at end of lane 8. Proceed to the transition area to begin bike leg.

| START | → | LANE |
|-------------------|-------------------|----------|
| Lane Rope | | 1 |
| | | LANE 2 |
| Lane Rope | | <u> </u> |
| | | LANE |
| Lane Rope | | 3 |
| | | LANE |
| Lane Rope | | 4 |
| | \longrightarrow | LANE |
| Lane Rope | | 5 |
| | → | LANE |
| Lane Rope | | 6 |
| | → | LANE |
| Lane Rope | | 7 |
| \longrightarrow | ─ | LANE |
| FINISH | | 8 |