



### SWIM COURSE

This map shows the Sprint distance swim (500 meters) as well as the Olympic distance (1500 meters) and 70 (1.2 miles.) All courses will share a start and finish, with varying turn points. The 100 swim is 2 laps of the Olympic course.



# LEGEND FREE STATE

LAWRENCE KANSAS TRIATHLON

## BIKE COURSE - OLYMPIC

SE 69th St

E 100 Rd

This course covers 25 miles of Kansas countryside, beginning and ending at Bloomington Beach, Clinton Lake.

SE 89th St

SE Shadden Rd

N 1150 Rd

Richland

Clinton State Park

Clinton Lake

Lone Star

SE 61st St

SE Rainer Rd

Still

442

1029

1023

458

458

458

1023

10

10

460

1

1

SS

N 1190 Rd  
Lawrence East

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## RUN MAP - Sprint and Olympic



This map shows the Sprint distance run (3.1 miles.) Athletes in the Olympic category will complete 2 laps for a total of 6.2 miles