

Santa Cruz International Triathlon - Swim Map

Estimated Wave Start Times:

- Wave 1 8:00 am Men 39 and Under & Elite Men
- Wave 3 8:10 am Men 40 and over
- Wave 4 8:20 am Women 34 and under & Elite Women
- Wave 5 8:30 am Women 35 and older
- Wave 6 8:40 am All 19 and under (M and F)

Swim Course Description:

Athletes will start their swim on Cowell Beach to the west side of the Santa Cruz Municipal Wharf.

Swimming in a clockwise direction around the swim buoys they will exit onto the beach, run around a flag and and enter the water for a second loop. After the second loop swimmers will run up the sand to the parking lot and proceed to T1 in Depot Park.

Distance: 1500 yards

Wetsuits are highly recommended, although not required. Water temperature is expected to be in the high 50 to low 60 degree range.

You may use a surfboard or Buoy to rest, but not for forward progress. If the Lifeguards make a determination that you need to be rescued on the swim their decision is final.

