

# Santa Cruz Sprint Triathlon - Swim Map

## Swim Course Description:

Athletes will start their swim on Cowell's Beach next to the Santa Cruz Municipal Wharf.

Swimming in a clockwise direction around the swim bouys they will exit onto the beach and run up the sand to the parking lot and proceed to T1 in Depot Park.

Distance: 500 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.

