









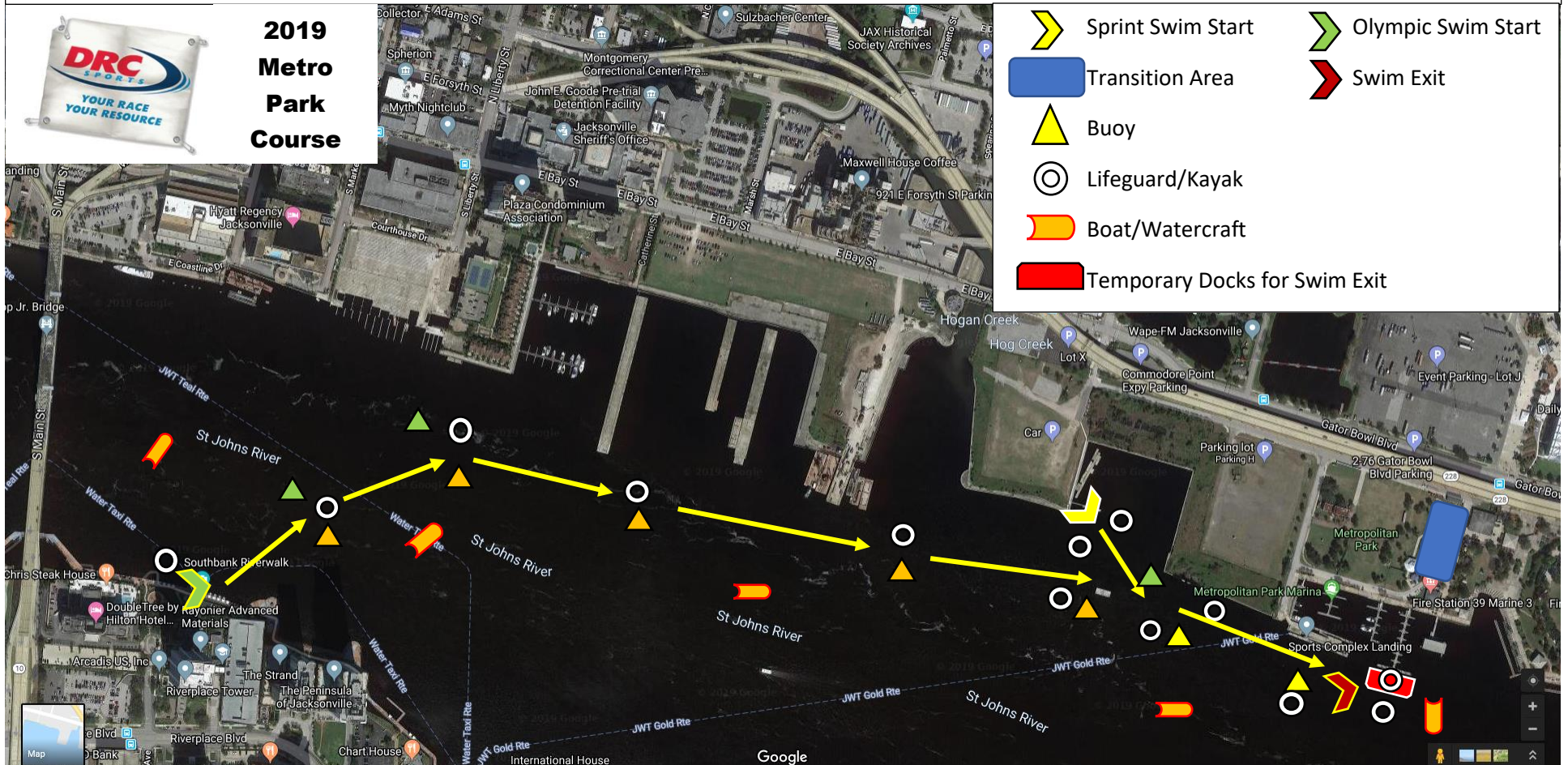
Jax Triathlon



**2019
Metro
Park
Course**

Swim Course Map

-  Sprint Swim Start
-  Olympic Swim Start
-  Transition Area
-  Swim Exit
-  Buoy
-  Lifeguard/Kayak
-  Boat/Watercraft
-  Temporary Docks for Swim Exit



5:38AM-Slack before EBB

6:25AM-Sunrise

9:03AM-Peak EBB Tide @ 1.49kt

Event is scheduled to occur during EBB Tide so swimmers will travel *with* the current.

Sprint Course: Starts on the dock at the SE Corner of Parking Lot X. Swimmers enter the water one-at-a-time, swim ¼ mile to the Swim Exit.

Olympic Course: Starts on the Water Taxi dock at the Southbank Riverwalk, East of the Main Street Bridge. Swimmers enter the water 35-50 at a time, swim 1500M, joining the Sprint Course for the last 200 Meters to the Swim Exit at the Metro Park Marina.

Kayaks will travel with each group of swimmers to provide Lifeguard Support, Jet-Ski's (PWC) will be utilized to extract swimmers if necessary and take them to Boats that will provide EMS and transportation to Ambulance Services.