

# Sandwell Triathlon – Swim Courses



- TSS Swim Course
- TS1 Swim Course
- TS2 Swim Course
- TS3 Swim Route
- Youth & Adult Swim Route
- Start Buoy 1
- Start Buoy 2
- TS3 - Turn Buoy
- TS1 - Turn Buoy
- TS2 - Turn Buoy
- none completion / rescue exit

## **TSS - red**

start just off entry ramp and swim clockwise around yellow buoy to exit ramp

## **TS1- blue**

Start between Red/Yellow buoys swimming clockwise around first red buoy then yellow buoy to exit ramp

## **TS2- green**

Start between Red/Yellow buoys swimming clockwise around second red buoy then yellow buoy to exit ramp

## **TS3- yellow**

Start between Red/Yellow buoys swimming clockwise around third red buoy then yellow buoy to exit ramp

## **Youth/Adult- orange**

Start between Yellow/TS1 buoys swimming anti-clockwise around two yellow buoys then clockwise around start yellow buoy to exit ramp

## **Note:**

- A lead canoe guides the way for each wave of swimmers to follow. A second rescue craft positions itself on the inside of the course helping to keep swimmers on course. A third rescue craft will also be on the lake.
- Any swimmer not completing their swim course will be escorted to the other Exit ramp located at the opposite end of the jetty where the first aid is based.
- Experience since the event started in 2013, has shown that if a child is going to quit it is almost always between the start and the first buoy, making it very easy for them to exit at this ramp with the help of the water safety crew in the water without swimming/escorted across other swimmers' path.
- British triathlon rules also state that athletes not completing the course should exit by a different exit and be reported to the marshal responsible for counting the swimmers out.