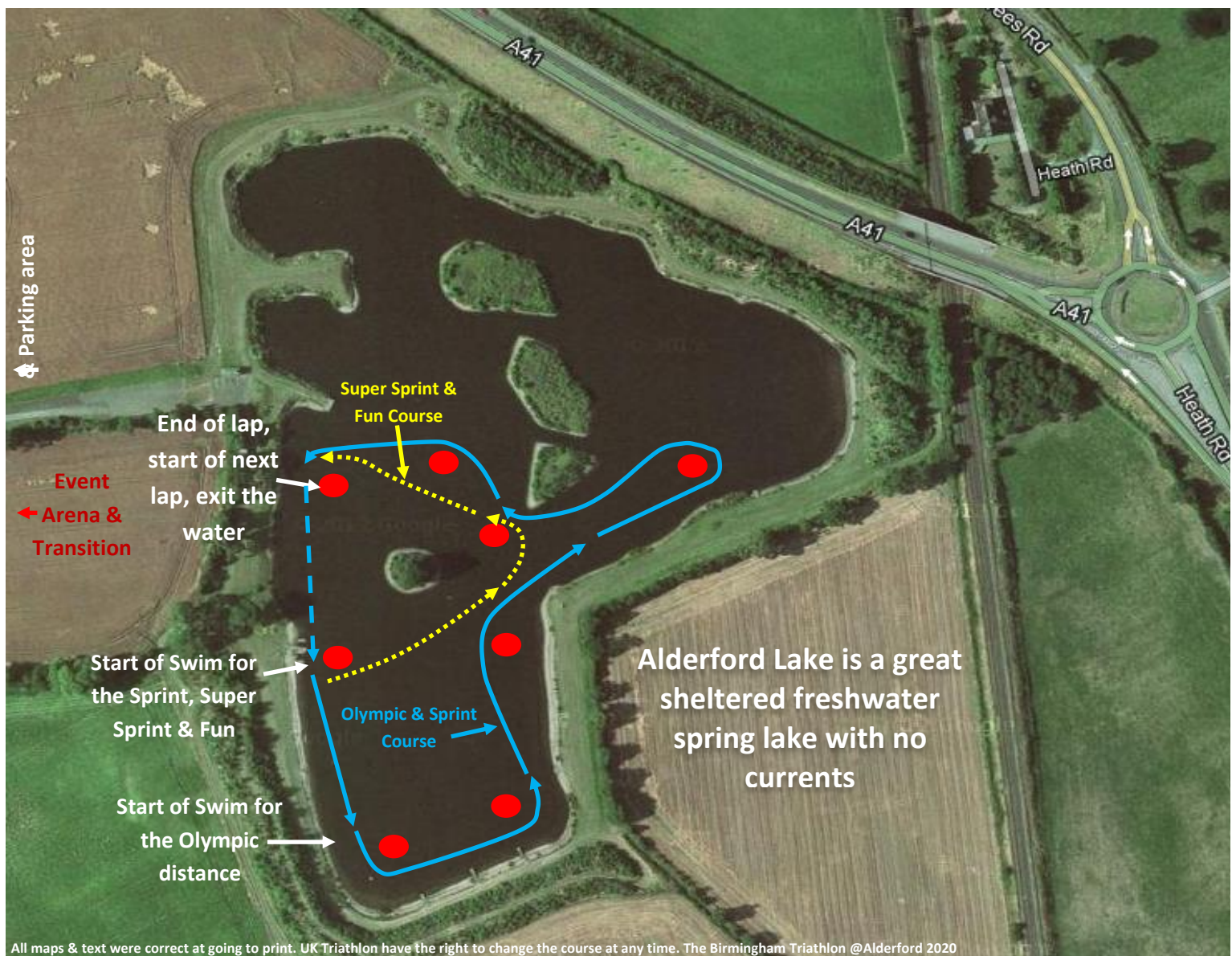


# The Birmingham Triathlon @Alderford Swim Course 2020



## Swim course

Olympic & Relay = 1500m x 2 laps (blue lined course)

Sprint & Relay = 750m x 1 lap (blue lined course)

**Super Sprint & Fun = 200m x 1 lap (yellow dotted lined course)**

- ❖ There will always be a minimum of 8 safety crafts on the water
- ❖ For safety in the water, make sure you attend the race safety brief
- ❖ Covid-19 restrictions means you must be 2m apart from other swimmers at all times
- ❖ Please observe all Covid-19 restrictions around the course, keep 2m apart and make sure you sanitise your hands as much as possible