



RACE DAY PACKETS  
BODY MARKING  
CHIP PICKUP  
POST-RACE FOOD

ANNOUNCEMENTS  
AWARDS

WAVE 1  
WAVE 2  
WAVE 3  
WAVE 4  
WAVE 5

SWIM START

ENTER WATER

SWIM EXIT

SWIM IN/RUN OUT

BIKE IN/OUT

TRANSITION



**HUDSON CROSSING TRIATHLON**  
Swim Leg - 500 yards  
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