

Tin Man Tri 2019

June 8th, Mitchell Pool Swim Map

Lineup along the West side of pool, faster times closer to start, slower at end.

Swim down and back in the same lane, as if driving a car, staying to the right. After a lap, or down and back, go under lane line into next lane and repeat.

Swim down and back in all 6 lanes.

Exit up the stairs. Follow guides to transition area.

