

Clarks Hill
Lake

HICKORY KNOB
STATE PARK

SUMTER
NATIONAL
FOREST

Short steep climb along
sidewalk system to the
Transition Area

TA

Swim to Bike
Transition

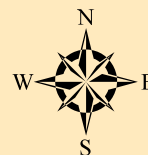
Campground

Swim Start/Finish
at Boat Dock

International Course = 1500 meters
Sprint Course = 500 meters

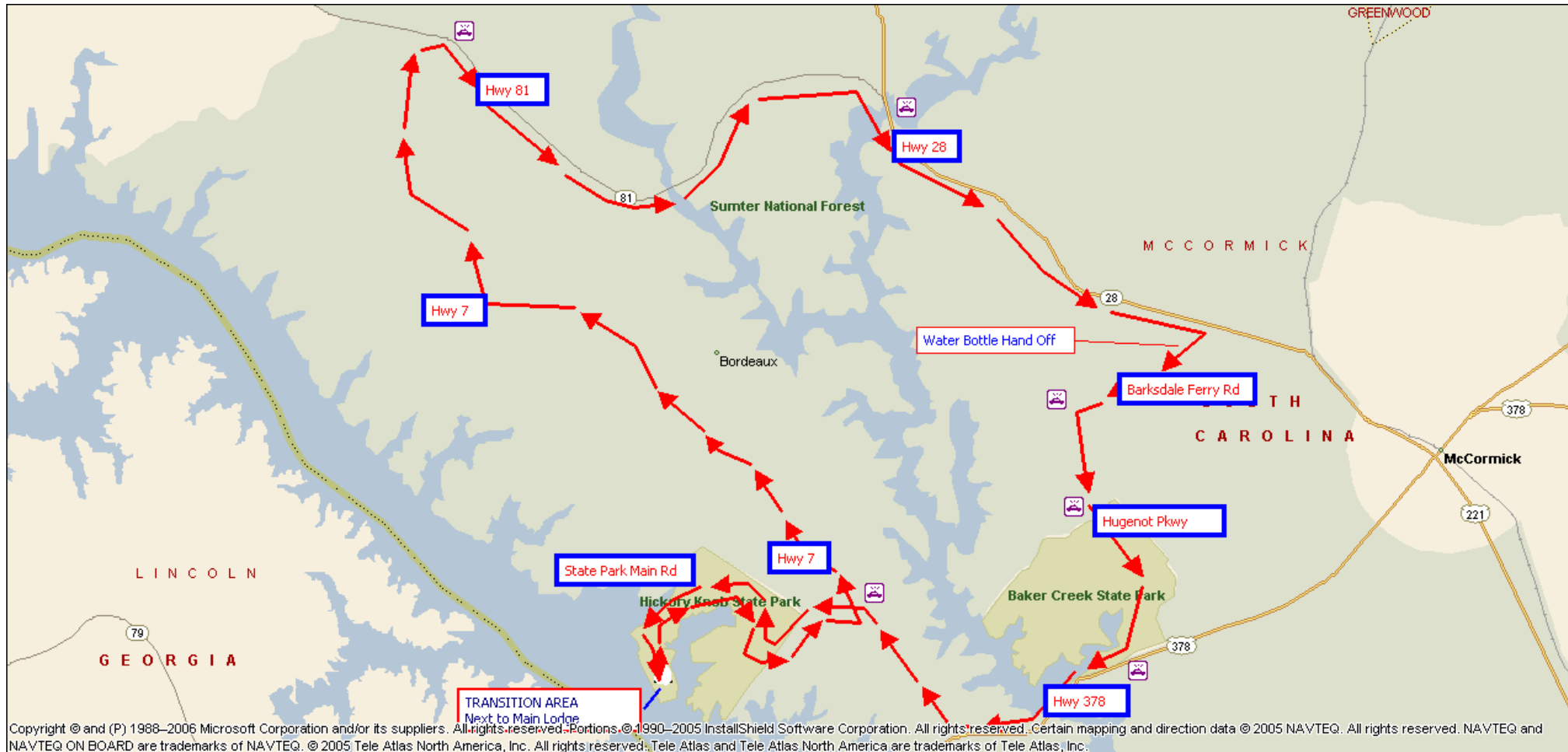
Sprint Distance: Turn at Yellow Buoys
International Distance: Turn at Triangular Buoys

0 380 760
Meters

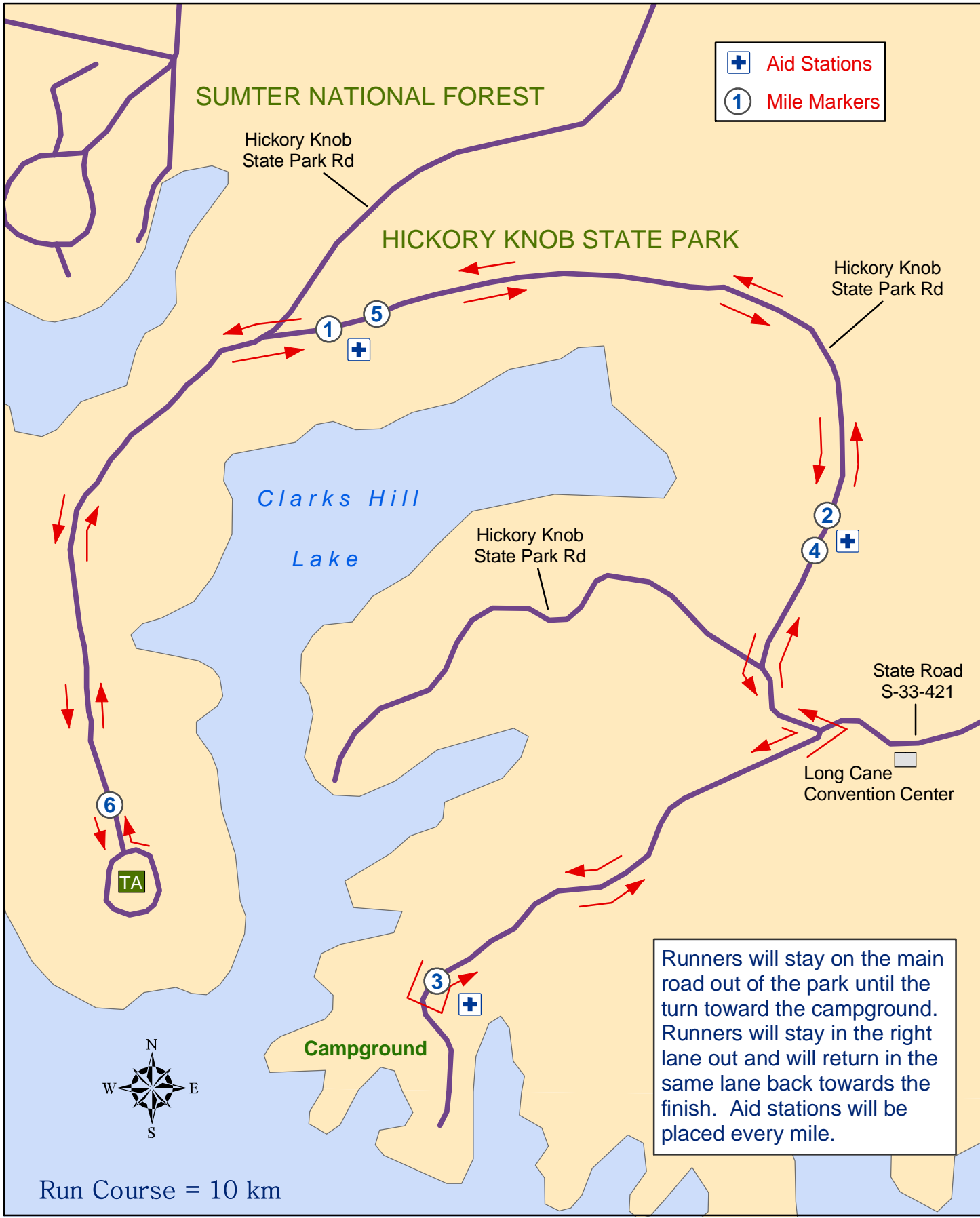


Hickory Knob Triathlon Swim Course

Hickory Knob International Triathlon BIKE COURSE (28 Miles)



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Hickory Knob Triathlon Run Course