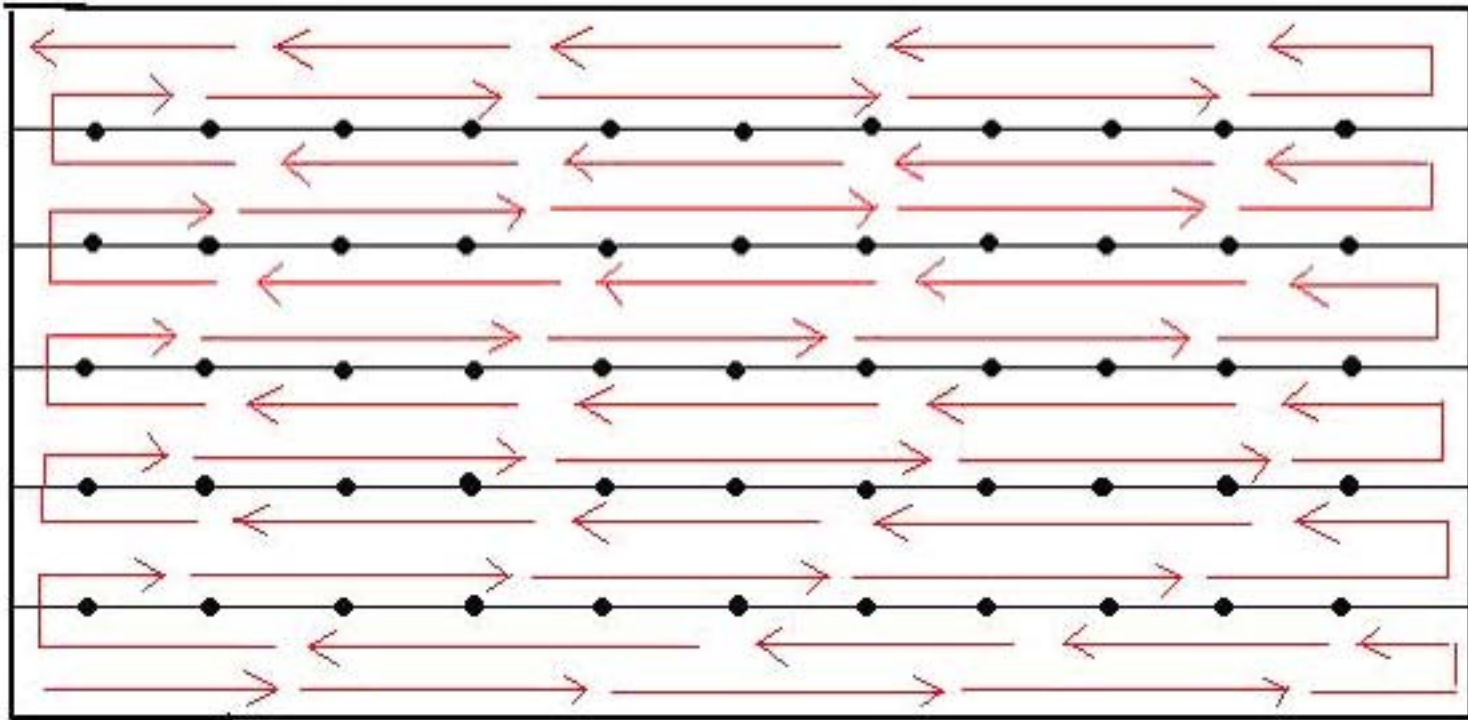


Smithfield Sprint Swim

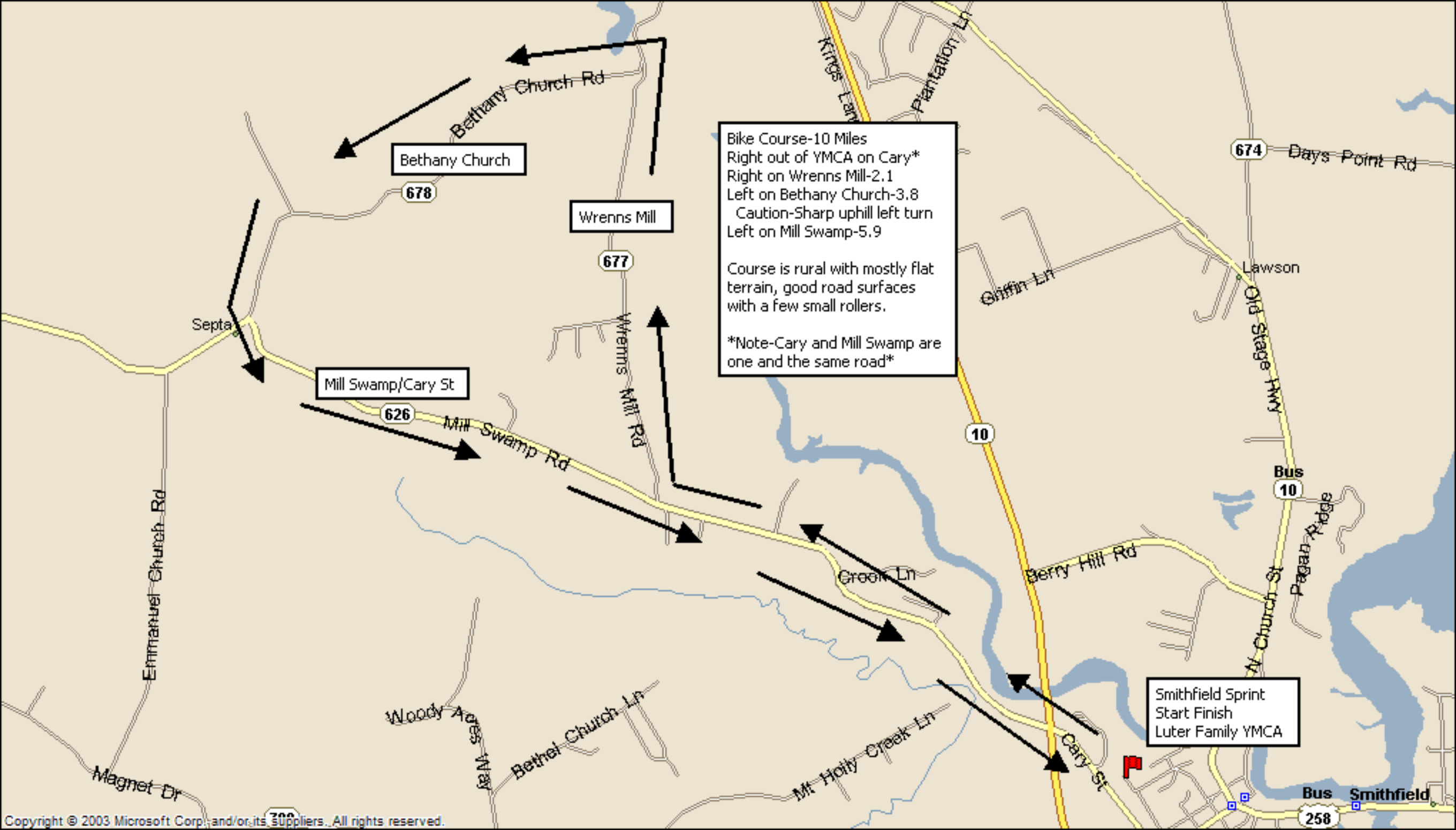


Swim
Finish



Swim
Start

300 Meter Swim



Bike Course-10 Miles
 Right out of YMCA on Cary*
 Right on Wrenns Mill-2.1
 Left on Bethany Church-3.8
 Caution-Sharp uphill left turn
 Left on Mill Swamp-5.9

 Course is rural with mostly flat terrain, good road surfaces with a few small rollers.

 Note-Cary and Mill Swamp are one and the same road

Smithfield Sprint
 Start Finish
 Luter Family YMCA

Smithfield Sprint
Start Finish
Luter Family YMCA

Smithfield Sprint Run Course-5K
Out and back type course

Run Turn Around

