



Brockville

1000 ISLANDS TRIATHLON SWIM COURSES

200M - START - B - C - EXIT
750M - START - B - D - E - F - EXIT
1500M - START - B - D - E - F - A
B - D - E - F - EXIT

IN-WATER
START

SWIM
EXIT

Miles Trackwear - May 2015

Beauregard St.

Block-House Island Rd.
Block-House Island Pky.