

IRONMAN[®]

70.3[®] Puerto Rico



SWIM COURSE

- 1.2 Miles
- 1 Loop
- San Juan, Puerto Rico
- Condado Lagoon

 SWIM OUT TO BIKE TRANSITION
 TRANSITION AREA

Participants will swim 1.2 miles (1.9 km), which will be held in the protected waters of the Condado Lagoon. Spectators and Athletes will have a great view from the San Juan Beach, the Dos Hermanos Bridge and the Caribe Hilton's San Geronimo grounds. Water temperatures are expected to be around 78° Fahrenheit (26° Celsius). The transition between the swim and bike will take place in the Sixto Escobar Stadium, adjacent to the Caribe Hilton.