

Course Information

Where can I find a map of the race course?

Swim/Bike/Run course maps are available in the course section of the web site.

What nutrition will be available on course?

Hammer Nutrition is the official endurance fuels and supplements of the Long Bay Sprint Triathlon



ENDURANCE FUELS
& SUPPLEMENTS

Will there be aid stations on the bike course?

There will NOT be aid stations on the Bike course.

Will there be aid stations on the run course?

There will be aid stations approximately every mile on the run course offering Hammer Nutrition products and water.

Where does the Long Bay Sprint Triathlon take place?

The Long Bay Sprint Triathlon, set in Murrells Inlet, SC, the race starts with a south to north swim in the Long Bay (Atlantic Ocean), followed by a one loop bike course that takes you through the north portion of Huntington Beach State Park and Murrell's Inlet, and finishes with a run around south section of Huntington Beach State Park.

What time does the race start?

Approximately 7:45 AM

Is the swim a wave start?

Yes, the swim is a wave start from the beach.

What is the expected water temperature on race day?

Water temperatures should be in the low 60s Fahrenheit.