

How do I measure my swim?

The easiest way to measure/track your swim is to understand the size of your pool. Pools come in many sizes, but locally many will measure in at 25 yards or 25 meters.

A “length” is the distance from one end of the pool to the other. A “lap” would be swimming the length to the other side and back.

In a **25-yard pool**, you’ll need to complete 65 lengths (32.5 laps) for the Olympic TRYathlon and 168 lengths (84 laps) for the Ironman TRYathlon.

In a **25-meter pool**, you’ll need to complete 60 lengths (30 laps) for the Olympic TRYathlon and 154 lengths (77 laps) for the Ironman TRYathlon.

In a **90-foot pool**, you’ll need to complete 54 lengths (27 laps) for the Olympic TRYathlon and 140 lengths (70 laps) for the Ironman TRYathlon.

For your convenience, we’ve provided these local pool sizes for reference:

POOL	SIZE	INDOOR / OUTDOOR	LENGTHS / MILE	LAPS / MILE
Sauk Prairie High School Competitive Pool	25 yards	Indoor	70	35
Sauk Prairie Outdoor Pool	25 meters	Outdoor	64	32
Lodi High School Pool	25 yards	Indoor	70	35
Spring Green Outdoor Pool	25 meters	Outdoor	64	32
Plain Outdoor Pool	90 feet	Outdoor	59	29
Mazomanie Outdoor Pool	25 meters	Outdoor	64	32