

# SWIM



## SWIM START



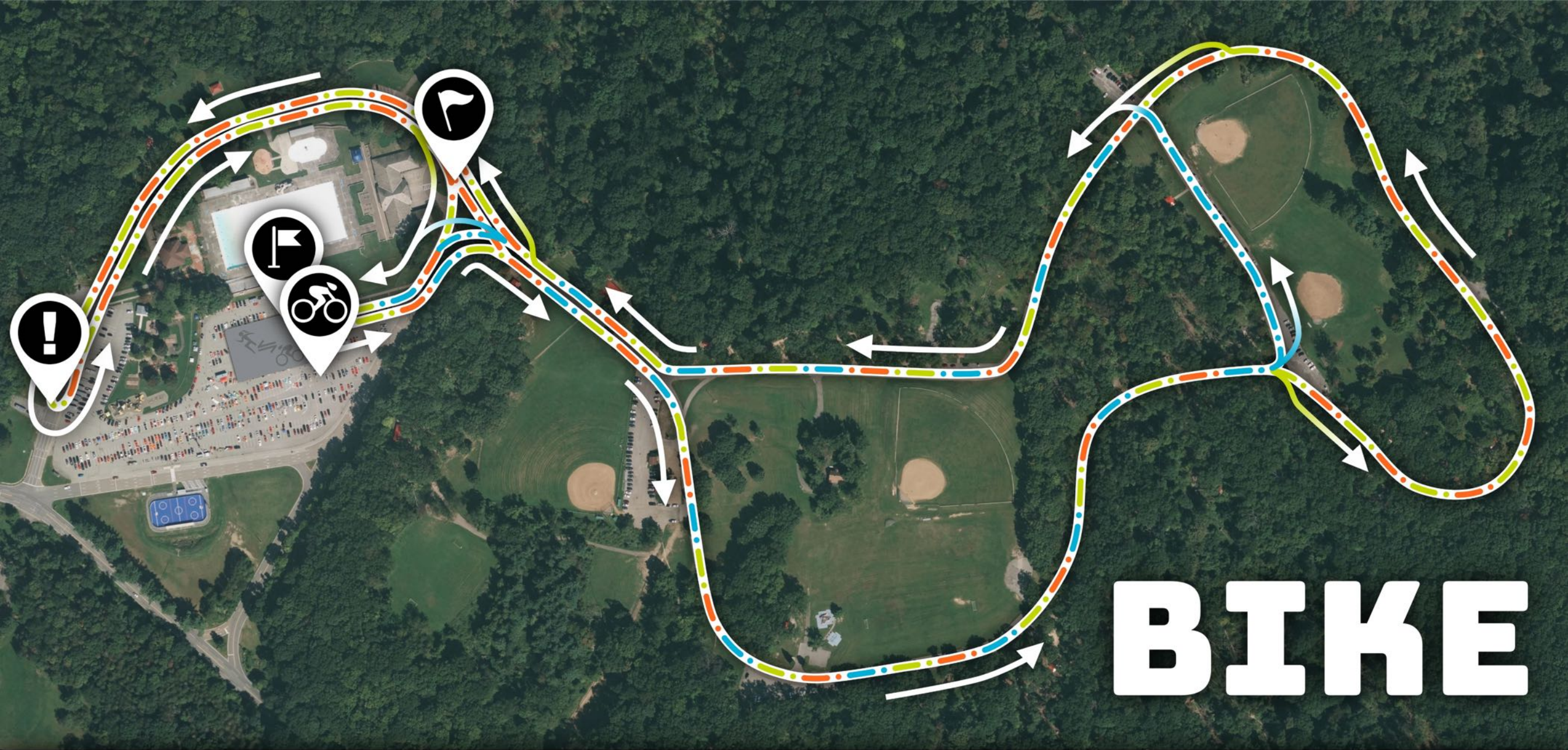
## SECTION FINISH



## TRANSITION AREA

Athletes will start in the pool (*no diving*) at the "top" or "bottom" side depending on age. Your lane may be shared with up to one other athlete. Lifeguards will be on duty and will accompany 7-9 year olds.

- 7-9 COURSE: 50 METERS (1 LAP)**
- 10-12 COURSE: 100 METERS (2 LAPS)**
- 13-15 COURSE: 400 METERS (8 LAPS)**



**BIKE START**



**SECTION FINISH**



**TIGHT TURN**



**LAP POINT (13-15)**

Helmets are required. Shirts are encouraged for safety.  
13-15 year olds make 3 Laps.



**7-9 COURSE:**

**1.5 MILES**



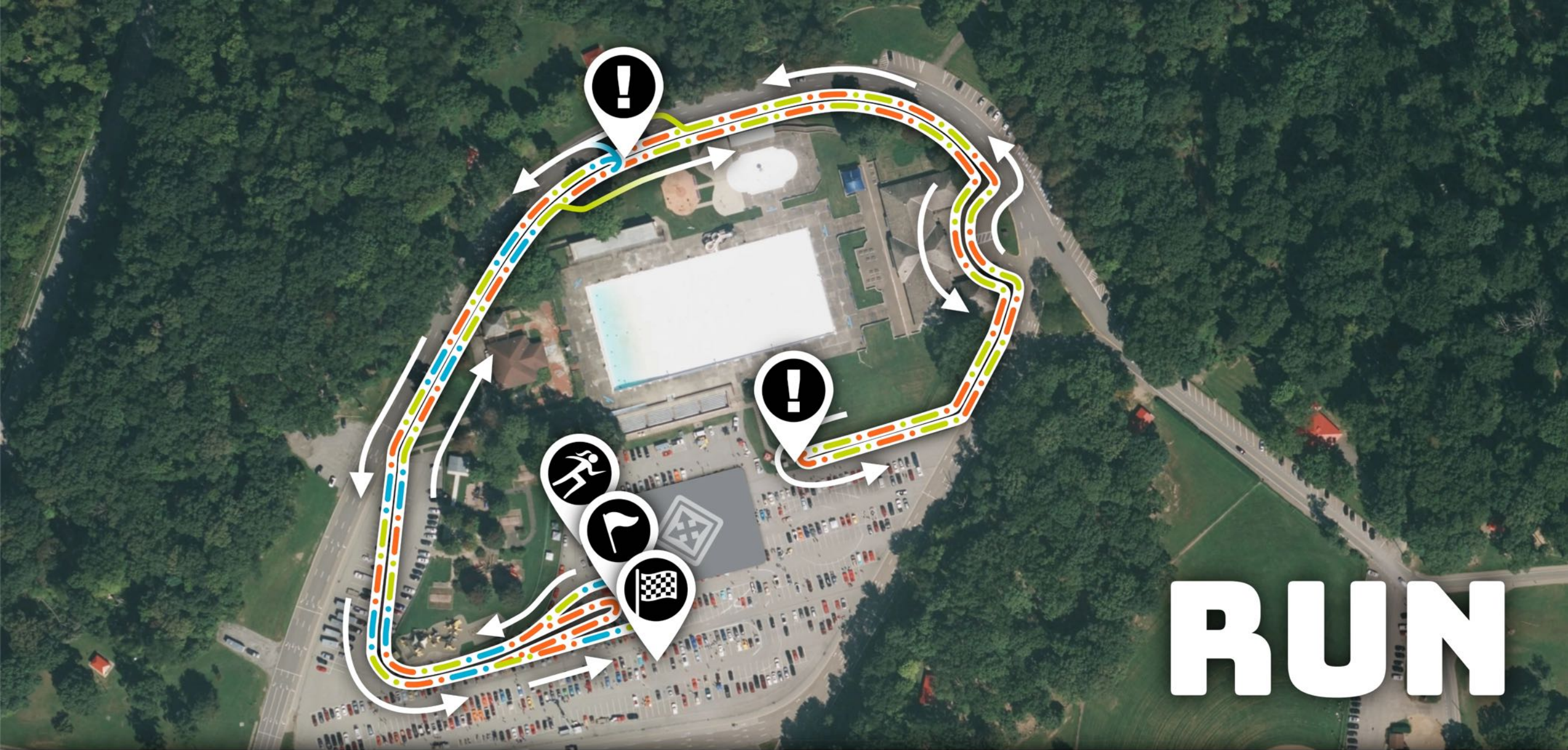
**10-12 COURSE:**

**2.4 MILES**



**13-15 COURSE:**

**7.0 MILES**



# RUN



**RUN START**



**FINISH LINE**



**TIGHT TURN**



**LAP POINT (13-15)**

The Run Section has been reconfigured to increase athlete safety and spectator visibility. 13-15 year olds make 2 Laps.



**7-9 COURSE:**

**0.5 MILES**



**10-12 COURSE:**

**1.0 MILES**



**13-15 COURSE:**

**2.0 MILES**