



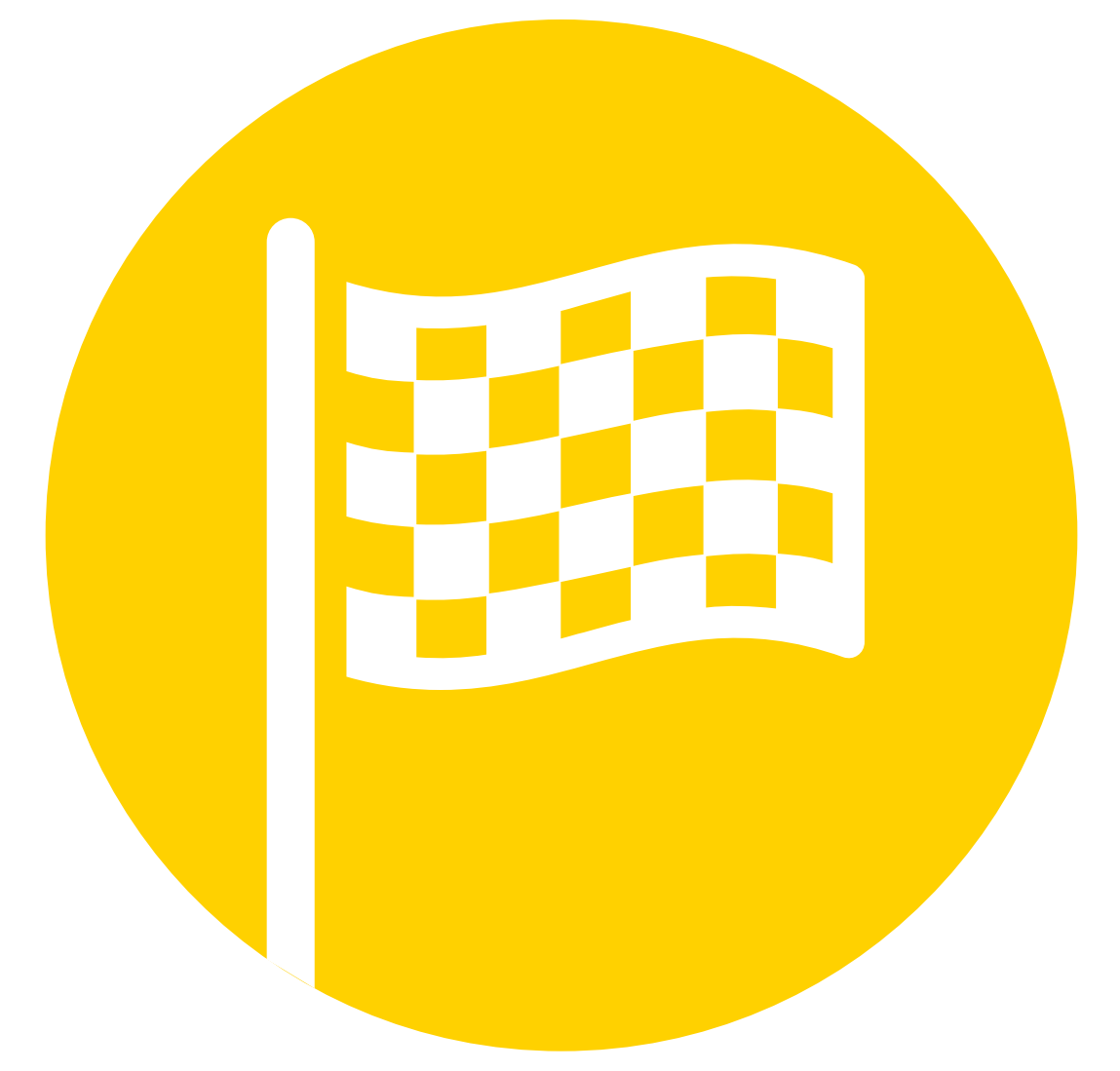
SWIM



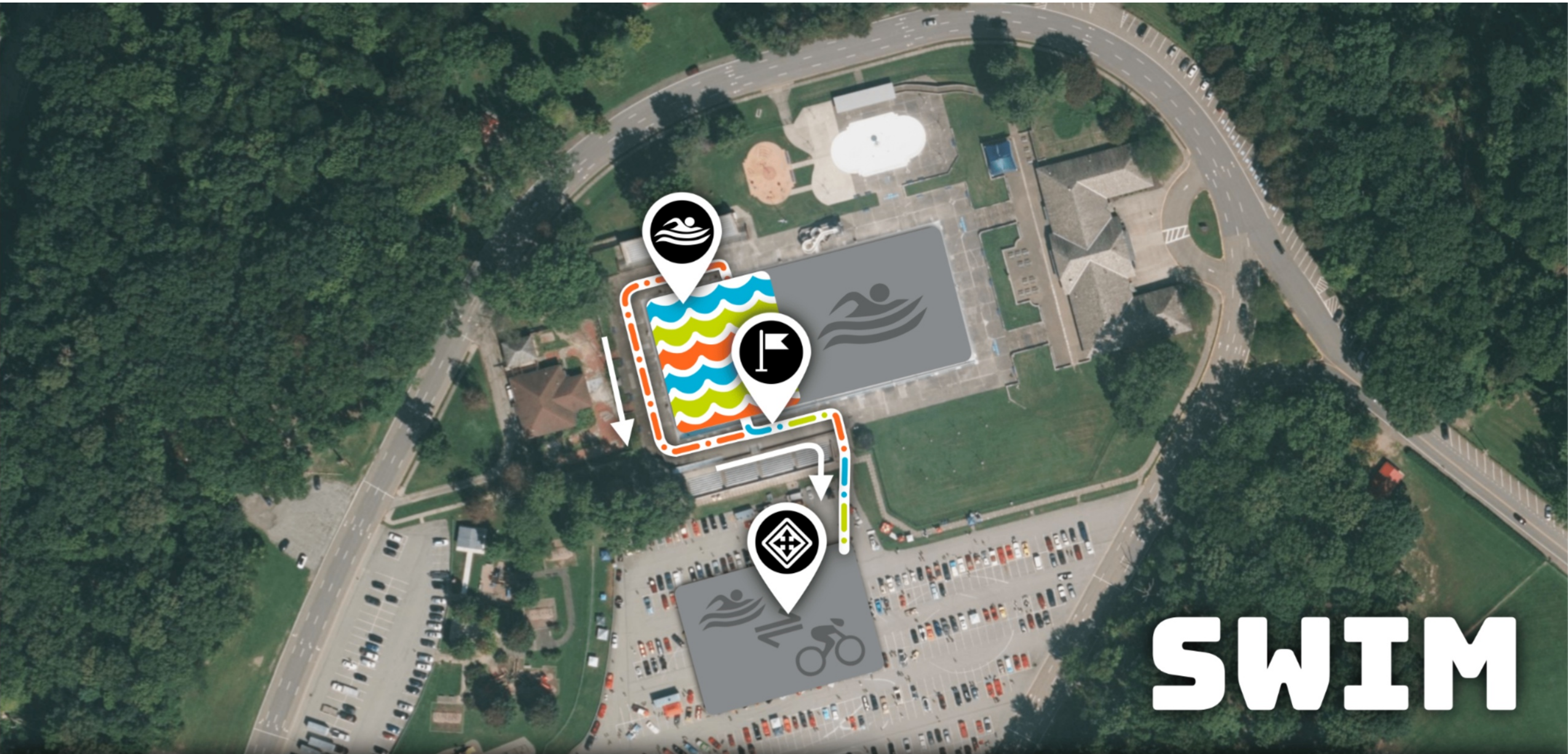
BIKE



RUN



FINISH

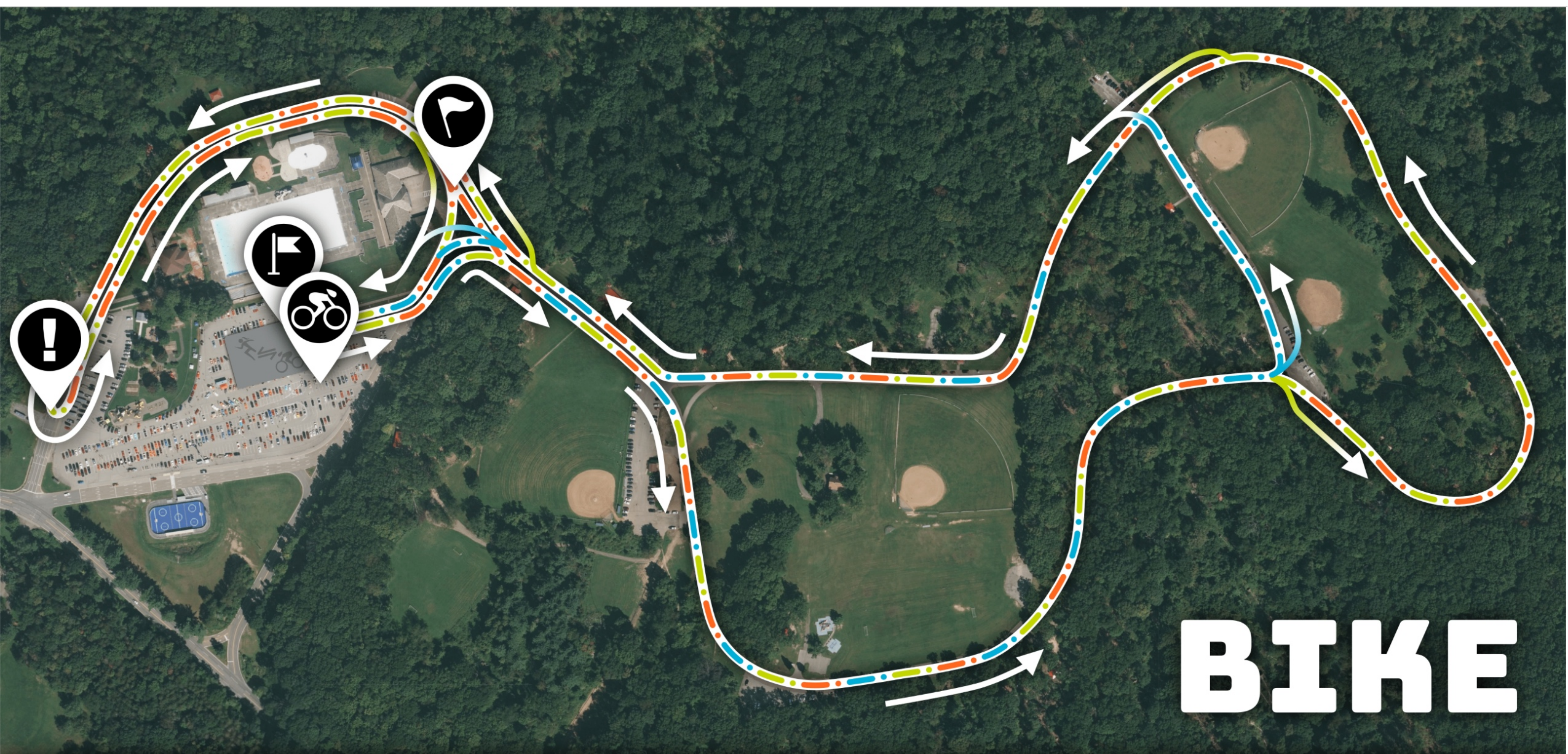


SWIM


-  **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)**



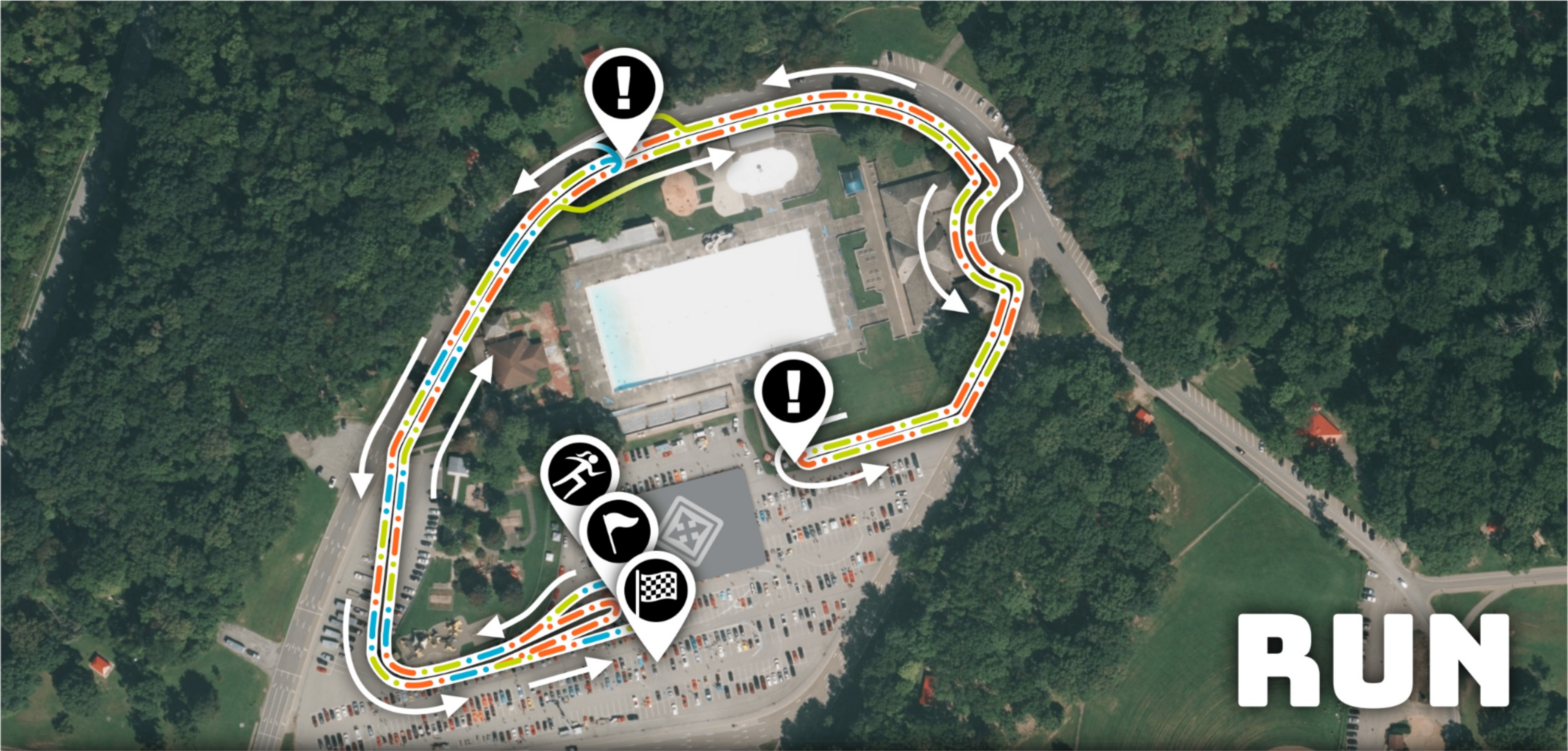
BIKE

-  **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**

make a donation

Habitat for Humanity of Greater Pittsburgh is a nonprofit that provides affordable homeownership and home repairs to families in Allegheny County earning a low- to moderate-income. Help us build by scanning the QR code or visiting www.qrco.de/YTD24 to donate.



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