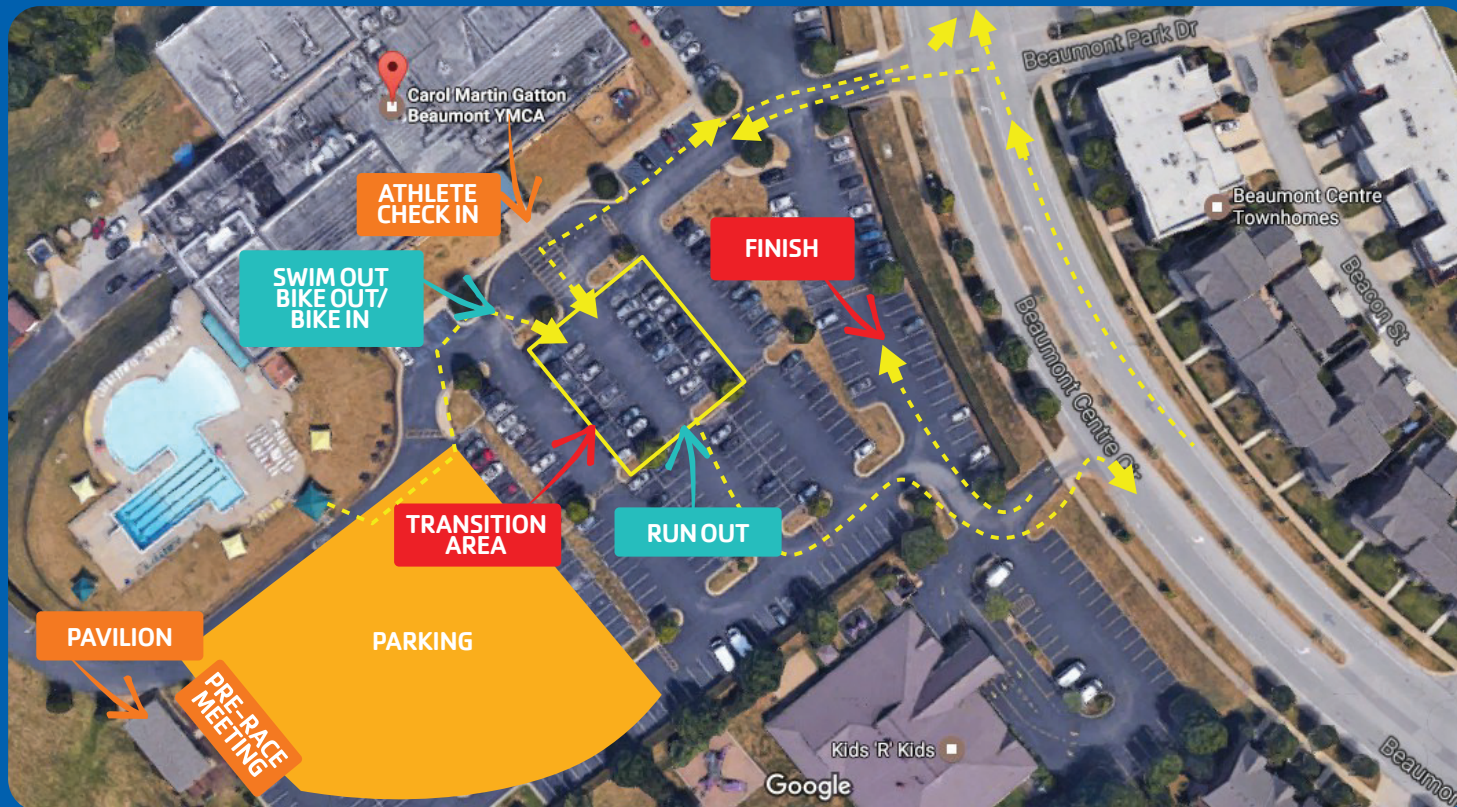




# TRANSITION MAP AND PARKING



- Vehicles parked inside YMCA lot will not be permitted to leave until the police have deemed it safe to open road traffic. If you need to leave early, we recommend parking at CLS - behind J. Renders.
- Athletes will be able to retrieve their belongings from the transition area through an alternative entrance when approved by the transition volunteer. Spectators should limit crossing the path of the course. Look for designated viewing areas in grassy spaces.



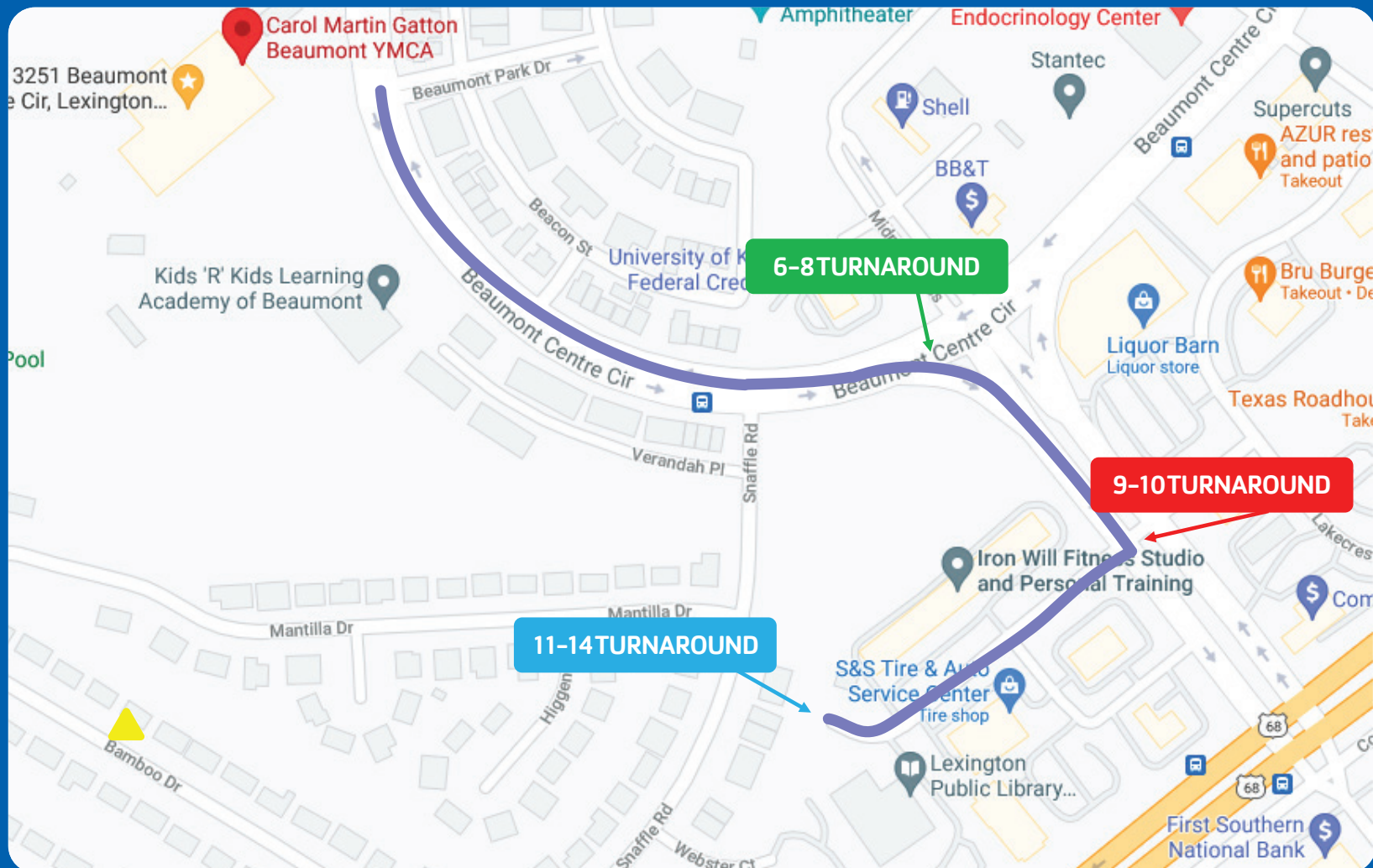


# TRANSITION LOCATION





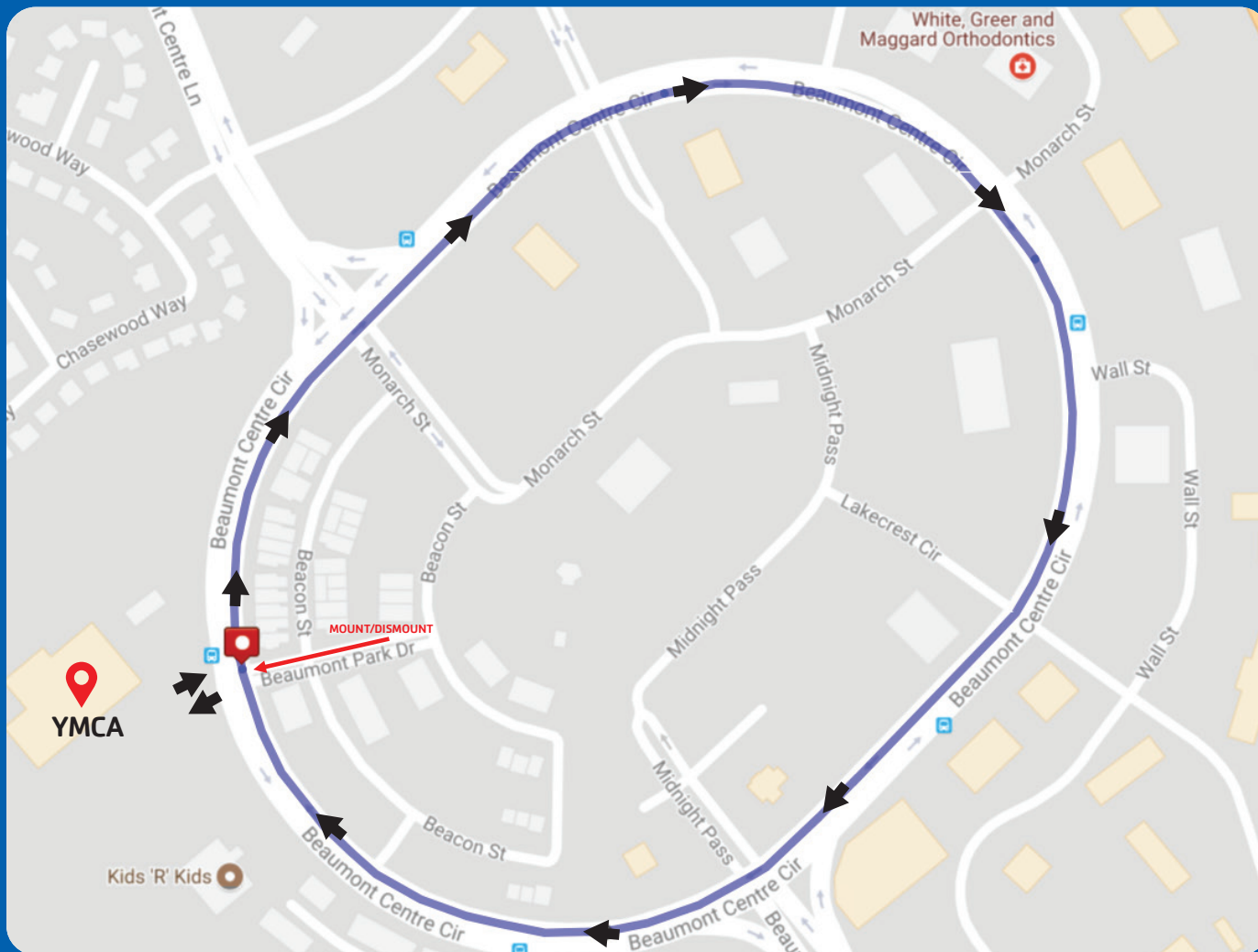
# RUN COURSE







# BIKE COURSE



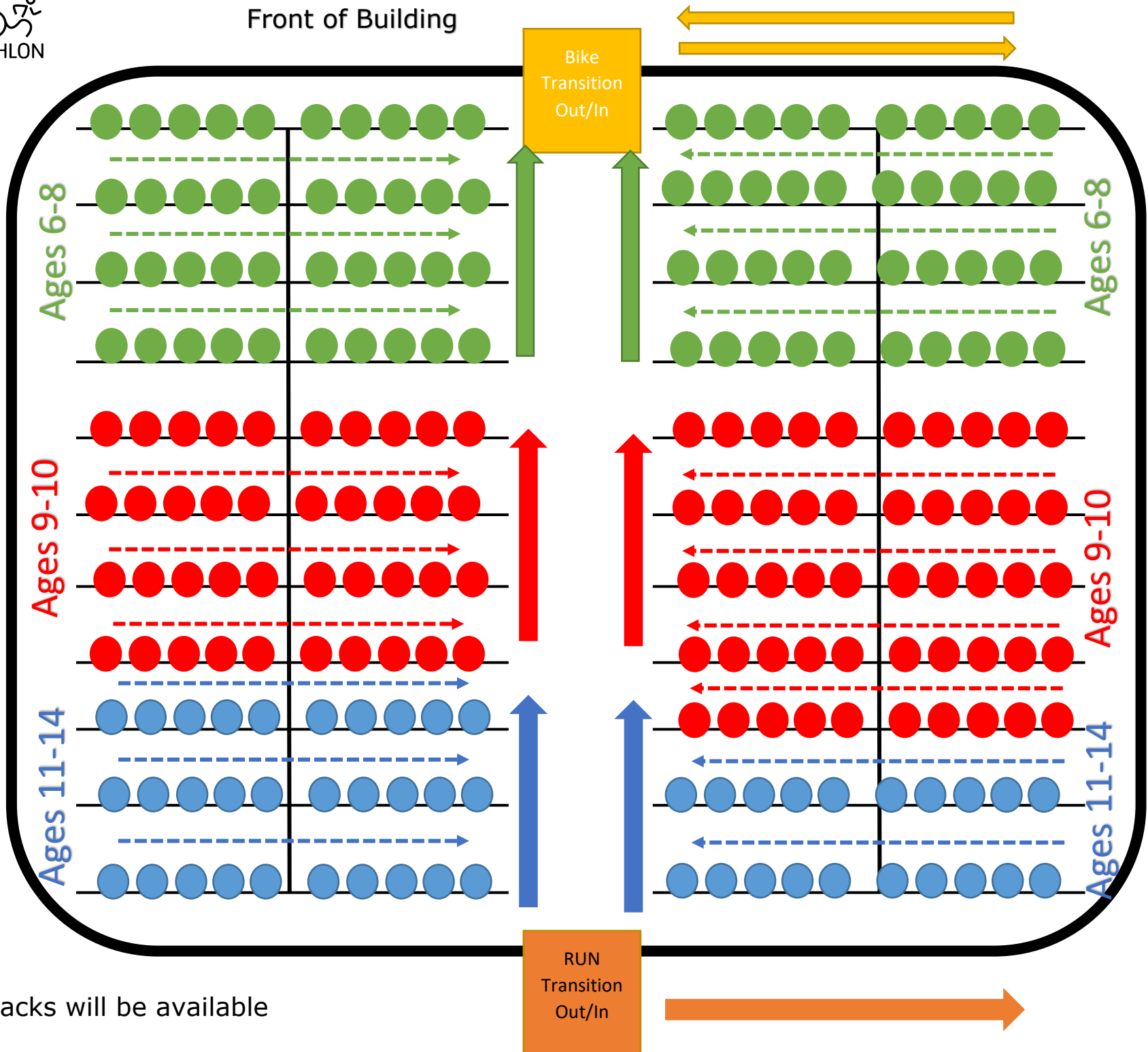
## 6-8 year-olds: One Lap (1)

## 9-10 year-olds: Two laps (2)

### 11-14 year-olds: Three laps (3)

- All athletes ride on inner loop of the circle.
- Athletes will mount and dismount their bikes in the circle, not in the Y parking lot.
- A portion of the circle will be closed to vehicles, and police and volunteers will ride with athletes.

Front of Building



Bike Racks will be available

RUN  
Transition  
Out/In

FINISH  
LINE

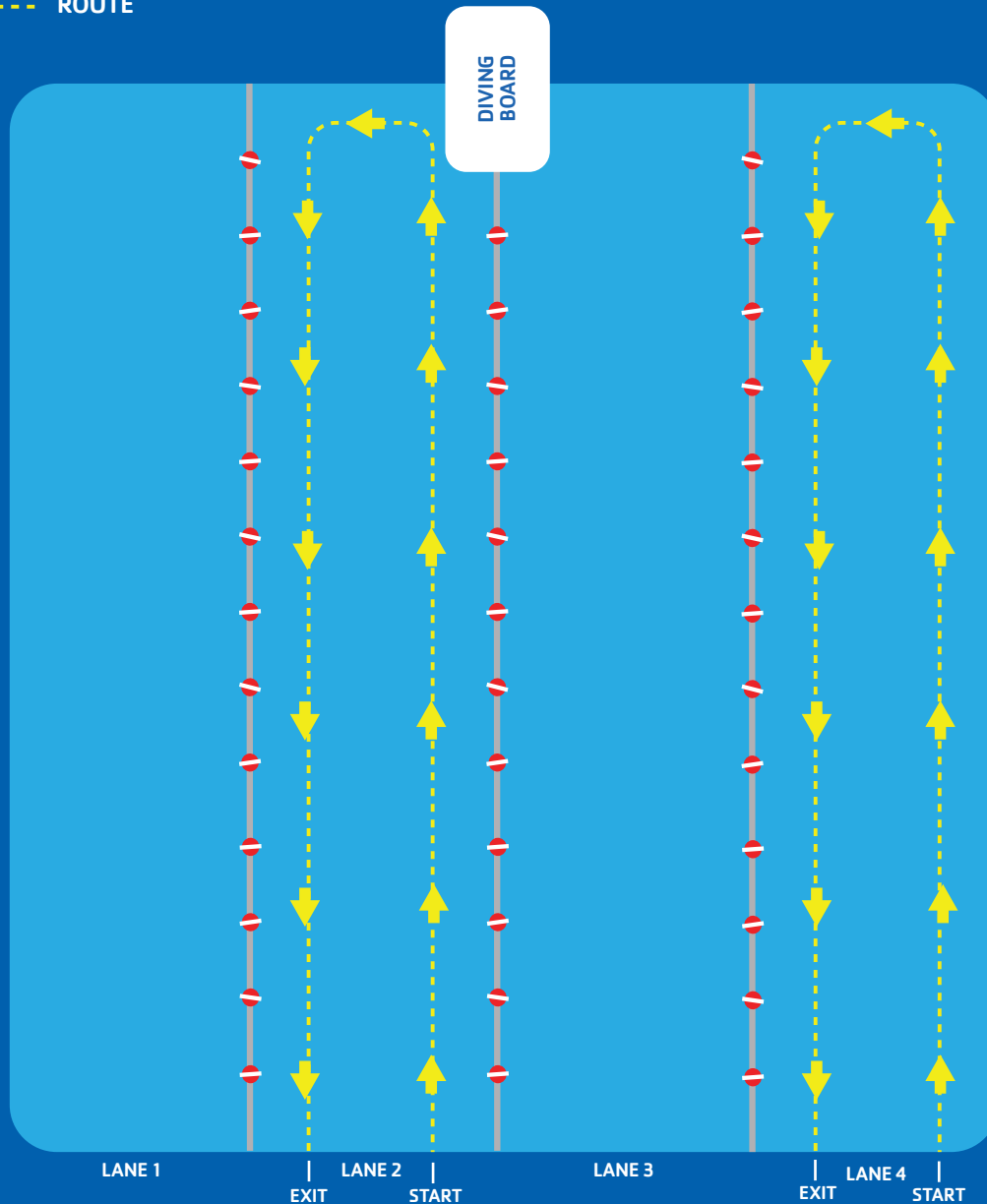


# HEATS #1 AND #2

## 6-8 SWIM COURSE

- Race begins approximately at 7:30 a.m.
- 1 Lap = 1 Lane swim down and back
- Enter right side of lane to start swim
- Swim down on right side and back on right side of lane
- Exit right side of same lane
- Athletes assigned to two separate lanes, 10-15 seconds apart
- Exit swim course via pool gate and follow directional signage to transition

—●—●—●— LANE LINES  
- - - - - ROUTE



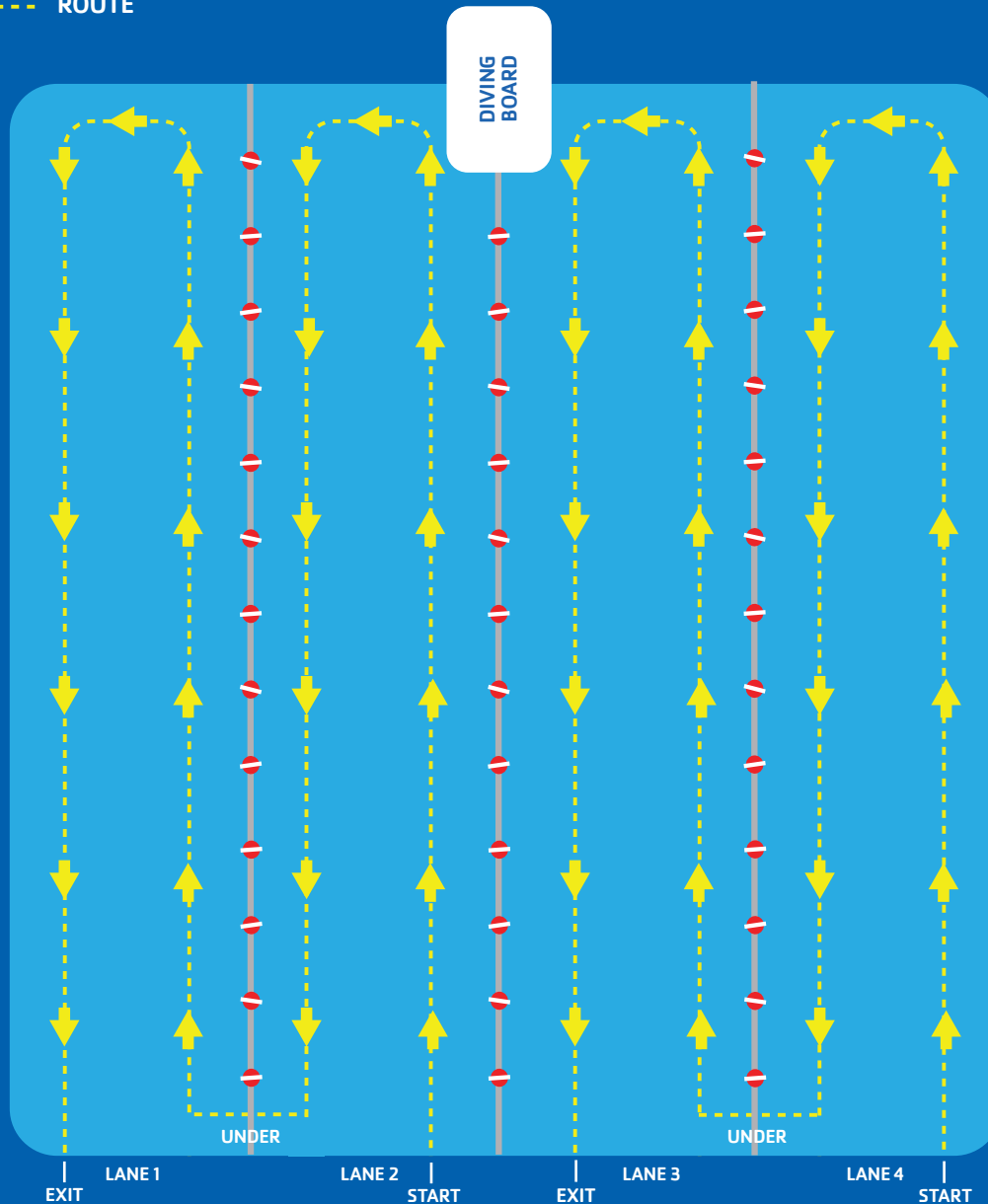


# HEATS #3 AND #4

## 9-10 SWIM COURSE

- Race begins approximately at 7:48 a.m.
- 2 Laps = First lap swim down and back, swim under to next lane to begin second lap, down and back
- Enter right side of lane to start swim
- Swim down on right side and back on right side of lane
- Exit right side of second lane
- Athletes assigned to Lane #1 and Lane #3 for start, 10-15 seconds apart
- Exit swim course via pool gate and follow directional signage to transition

—●—●—●— LANE LINES  
- - - - - ROUTE





- Race begins approximately at 8:15 a.m.
- 4 Laps = First lap swim down and back, swim under to next lane to begin second lap, down and back, repeat 4 laps total
- Enter right side of lane to start swim
- Swim down on right side and back on right side of lane
- Swim under lane rope to move to next lane
- Exit right side of fourth lane
- All athletes assigned to Lane #1 for start, 10-15 seconds apart
- Exit swim course via pool gate and follow directional signage to transition

ROUTE

DIVING BOARD

UNDER

LANE 1

LANE 2

LANE 3

LANE 4

EXIT

START