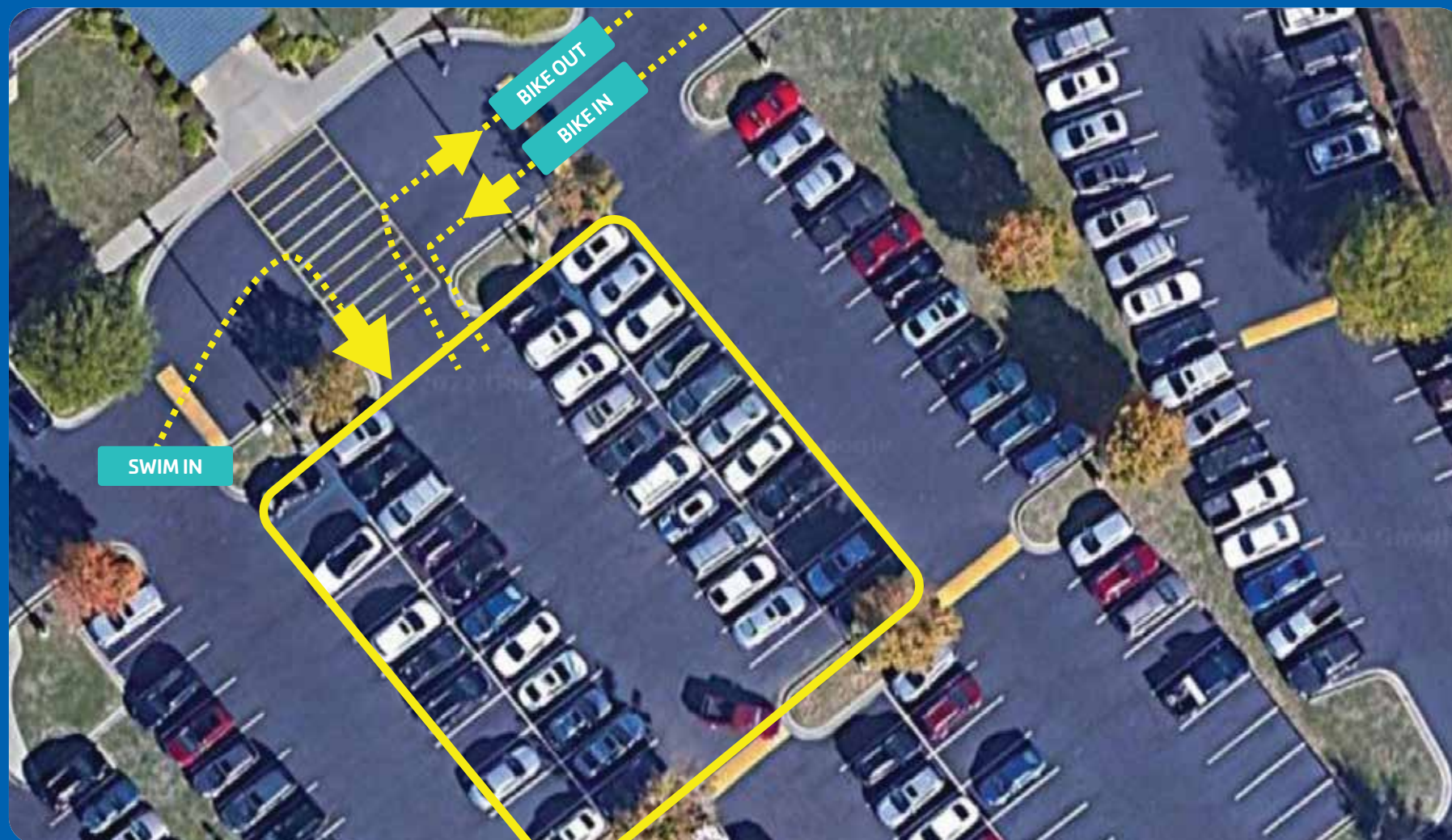


- Vehicles parked inside YMCA lot will not be permitted to leave until the final athlete is on the run course. If you need to leave early, we recommend parking at CLS - behind J. Renders.
- Athletes will not be able to retrieve their belongings from transition until the final runner is on the course. Spectators should limit crossing the path of the course. Look for designated viewing areas in grassy spaces.

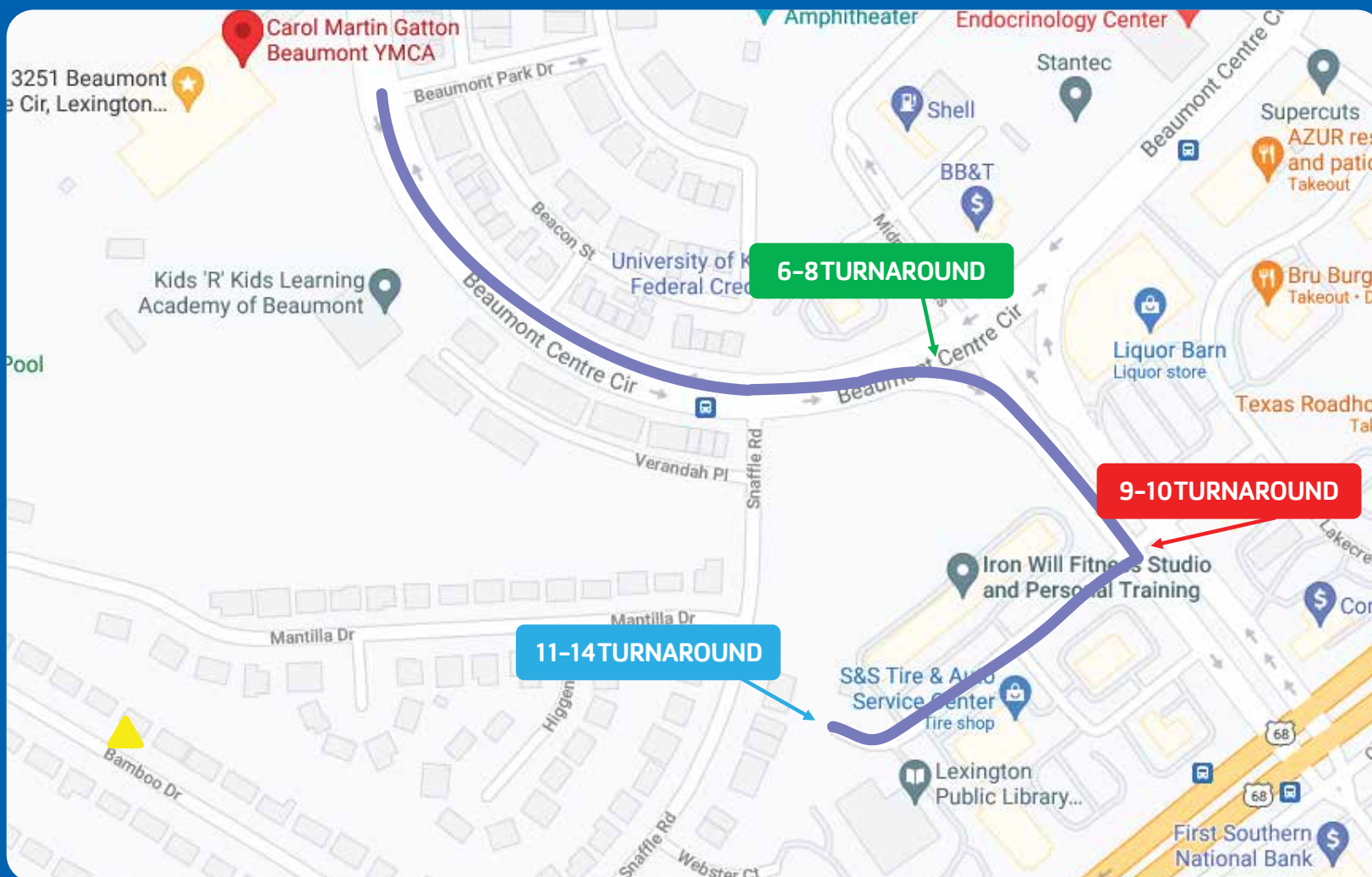


TRANSITION LOCATION





RUN COURSE

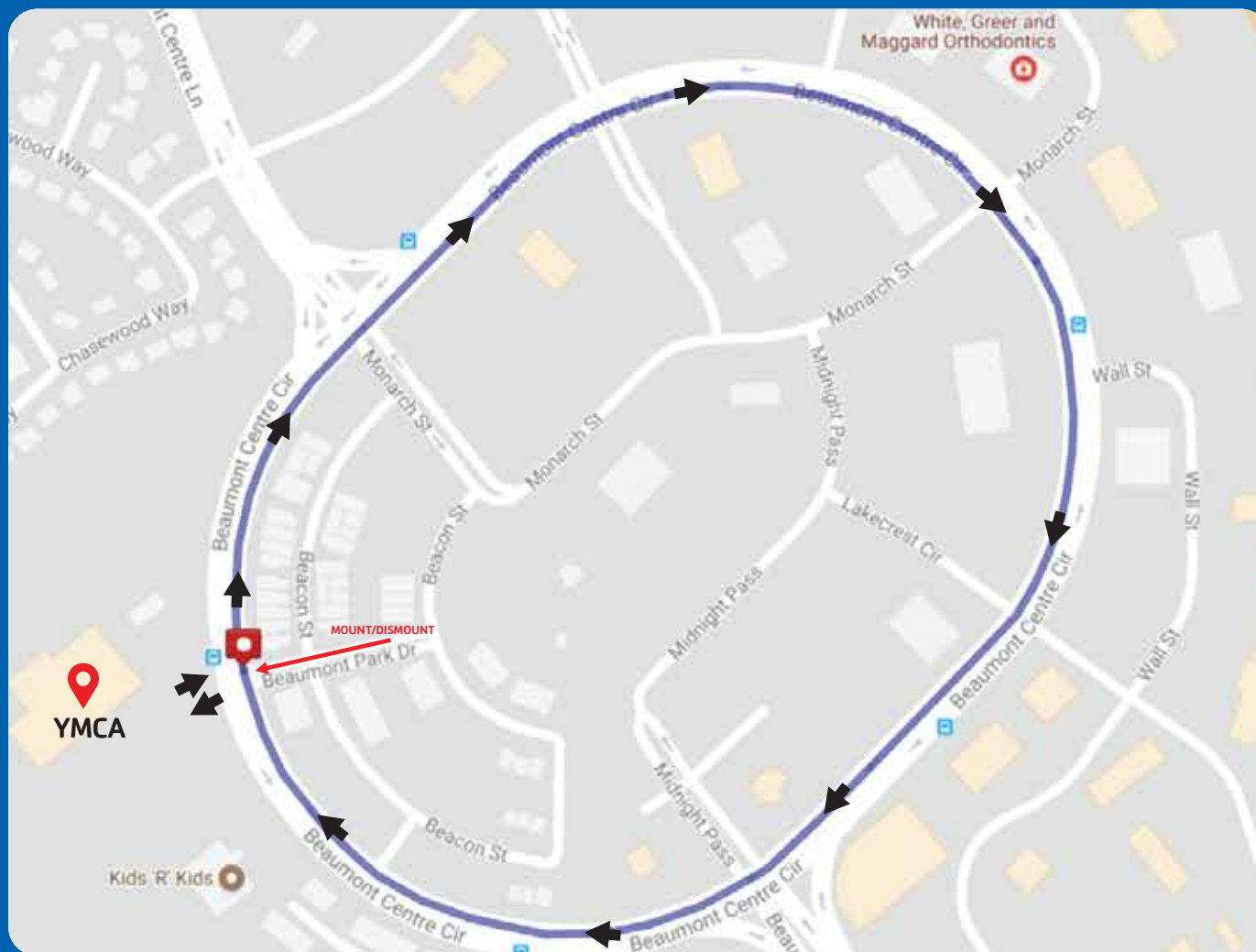




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BIKE COURSE



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

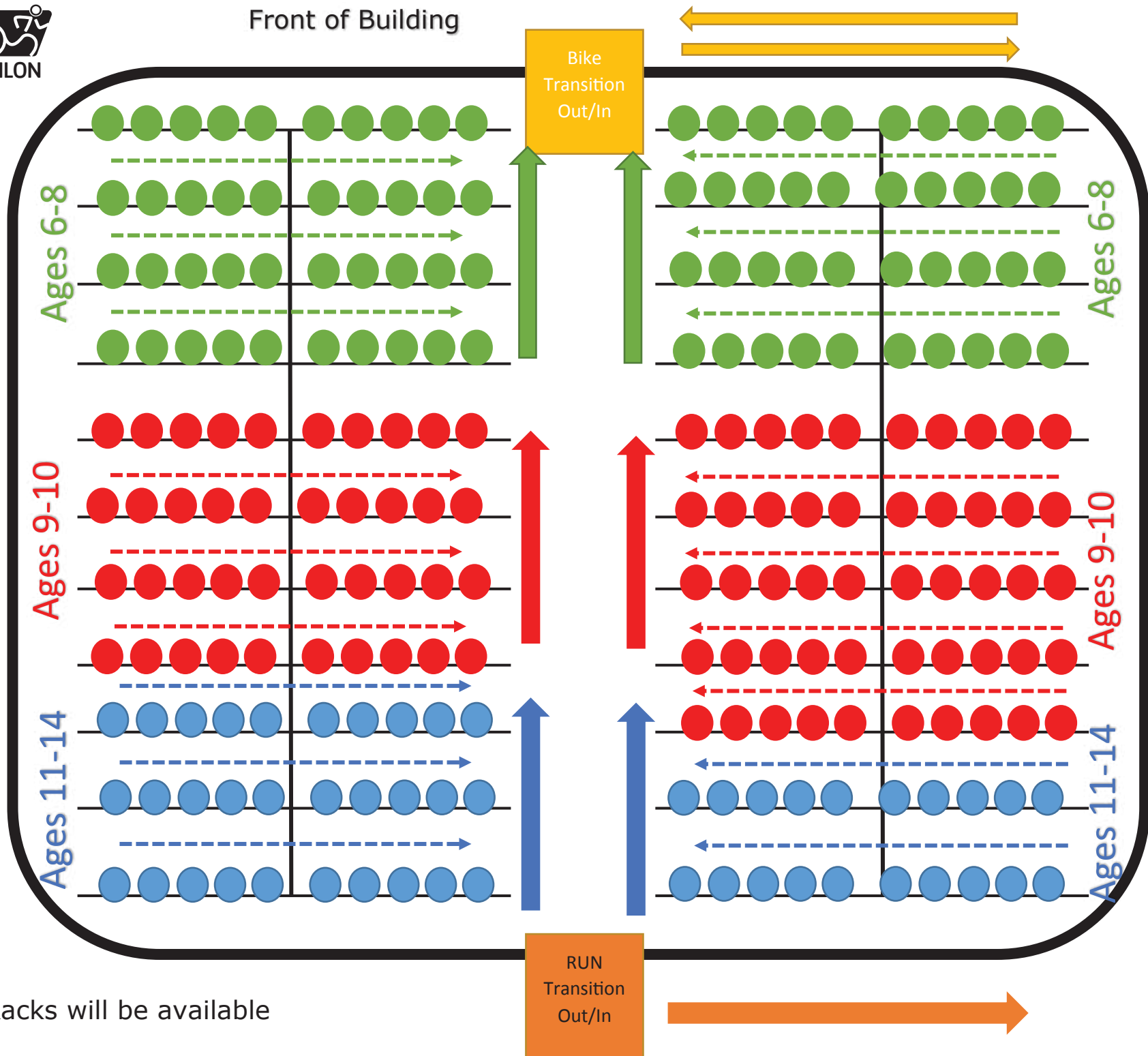
9-10 year-olds:
Two laps (2)

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





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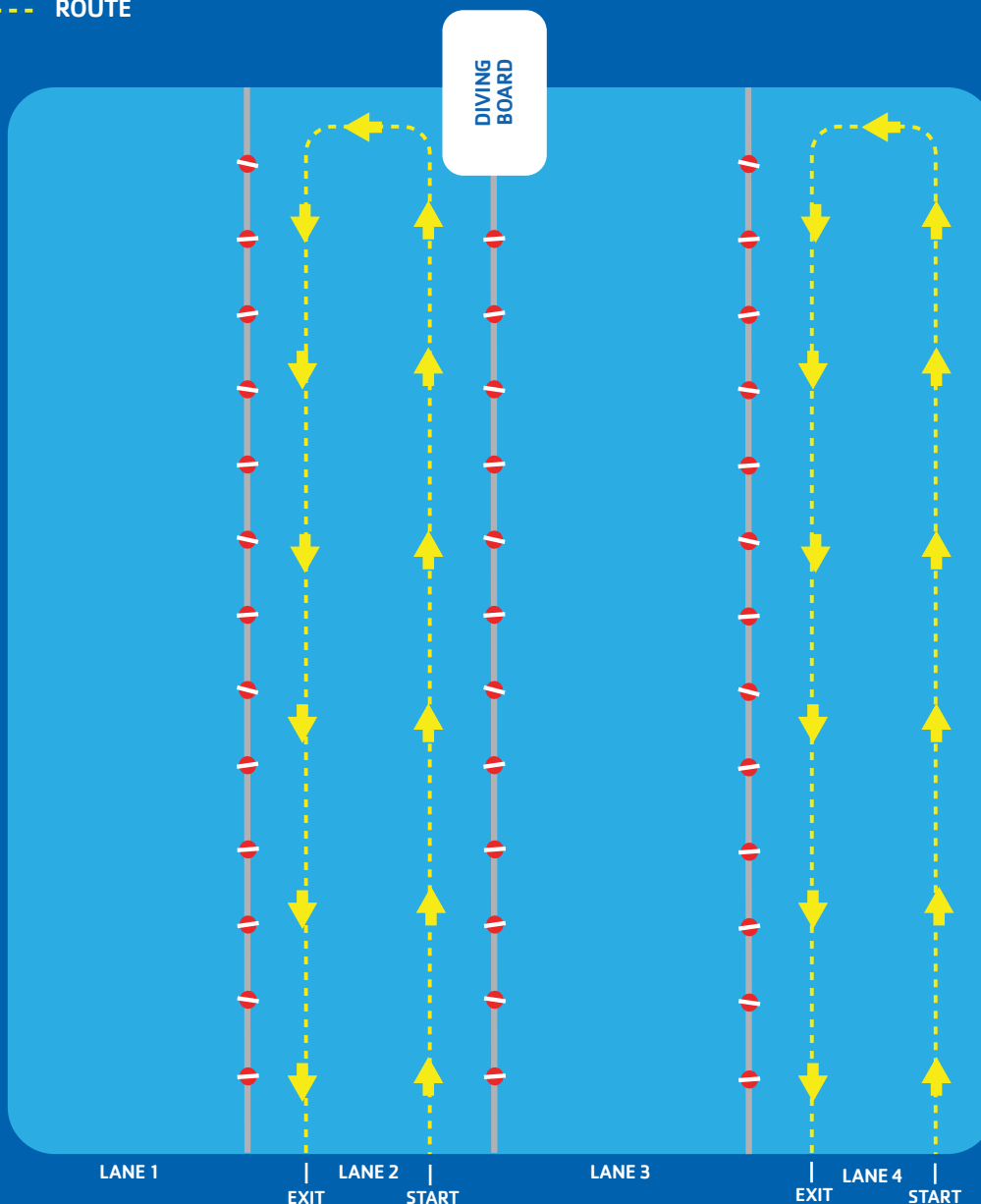


HEATS #1 AND #2

6-8 SWIM COURSE

- Race begins approximately at 7:30 a.m.
- 1 Lap = 1 Lane swim down and back
- Enter left side of lane to start swim
- Swim down on left side and back on left side of lane
- Exit left 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





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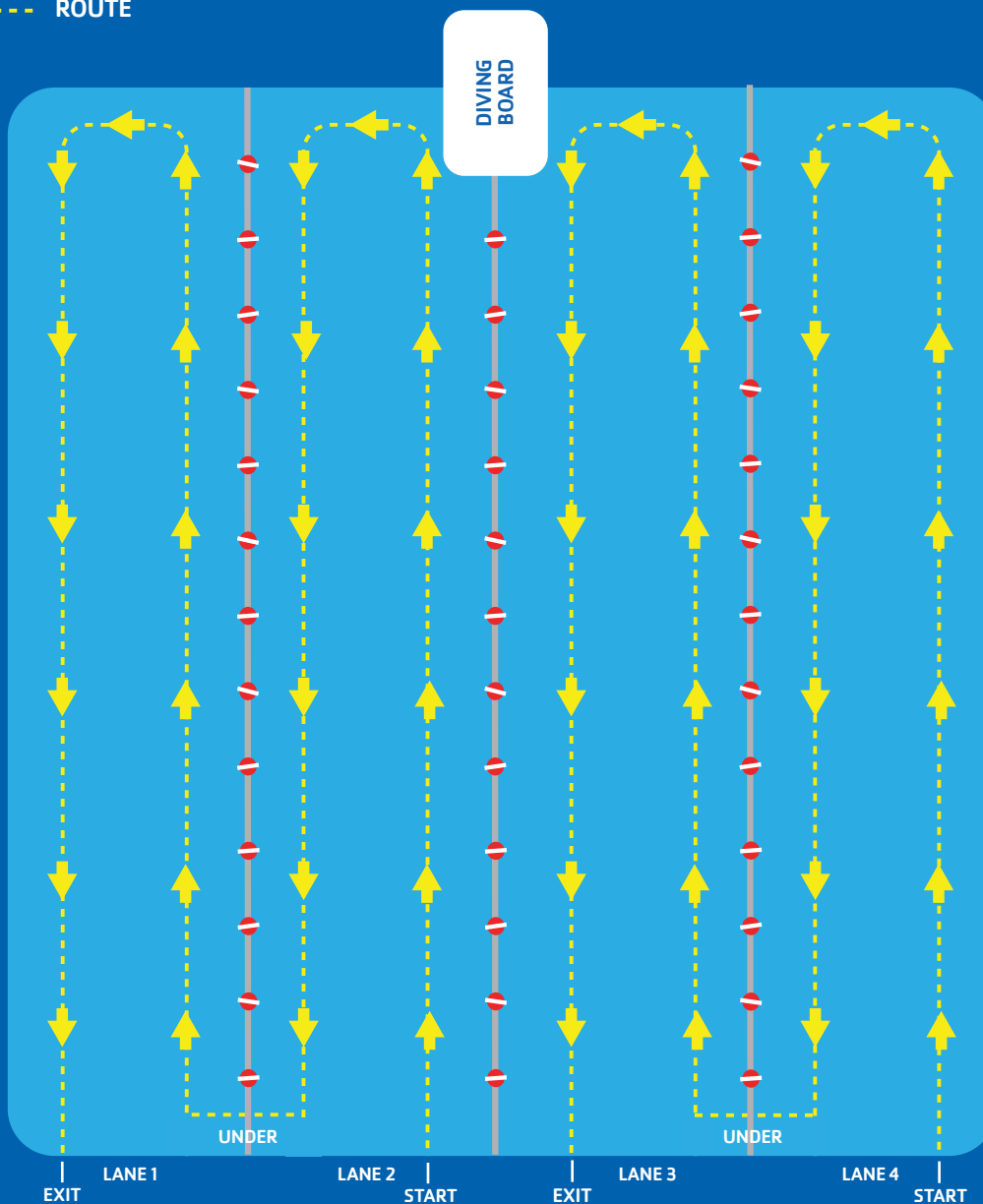


HEATS #3 AND #4

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 left side of lane to start swim
- Swim down on left side and back on left side of lane
- Exit left 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





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HEATS #3 AND #4

11-14 SWIM COURSE

- 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 left side of lane to start swim
- Swim down on left side and back on left side of lane
- Swim under lane rope to move to next lane
- Exit left 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

—●— LANE LINES
- - - - - ROUTE

