


AGE DIVISIONS:

Junior (ages 6 to 8): 50-yards swim, 2-mile bike and 500-yard run
Intermediate (ages 9 to 11): 150-yards swim, 4-mile bike and 1-mile run
Senior (ages 12 to 15): 300-yards swim, 8-mile bike and 2-mile run

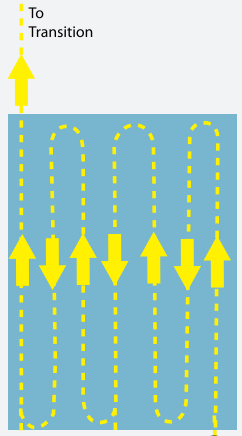
Swim Course
 Run Course
 Junior - 500 Yards
 INTERMEDIATE - 1 LAP
 SENIOR - 2 LAPS

Bike Course
 Junior - 1 LAP
 Intermediate - 3 LAPS
 Senior Bike Course - 6 LAPS

A Aid Station  Parking
E Expo **R/O** Run Out
S/O Swim Out **B/O** Bike Out
S/I Swim In **B/I** Bike In

SWIM COURSE

S/I = Senior/Intermediate Start
J = Junior Start



To Transition

J **I** **S**

Council St NE

Benton St SE

Council St NE

Council St NE

Benton St SE



Regent St NE

Dover St NE

Clifton St NE

42nd St NE

42nd St NE

Old Marion Rd NE

SWIM START

TRANSITION

FINISH LINE

SENIOR/
INTERMEDIATE
START
MULTIPLE
LAPS

SENIOR/
INTERMEDIATE
START
MULTIPLE
LAPS