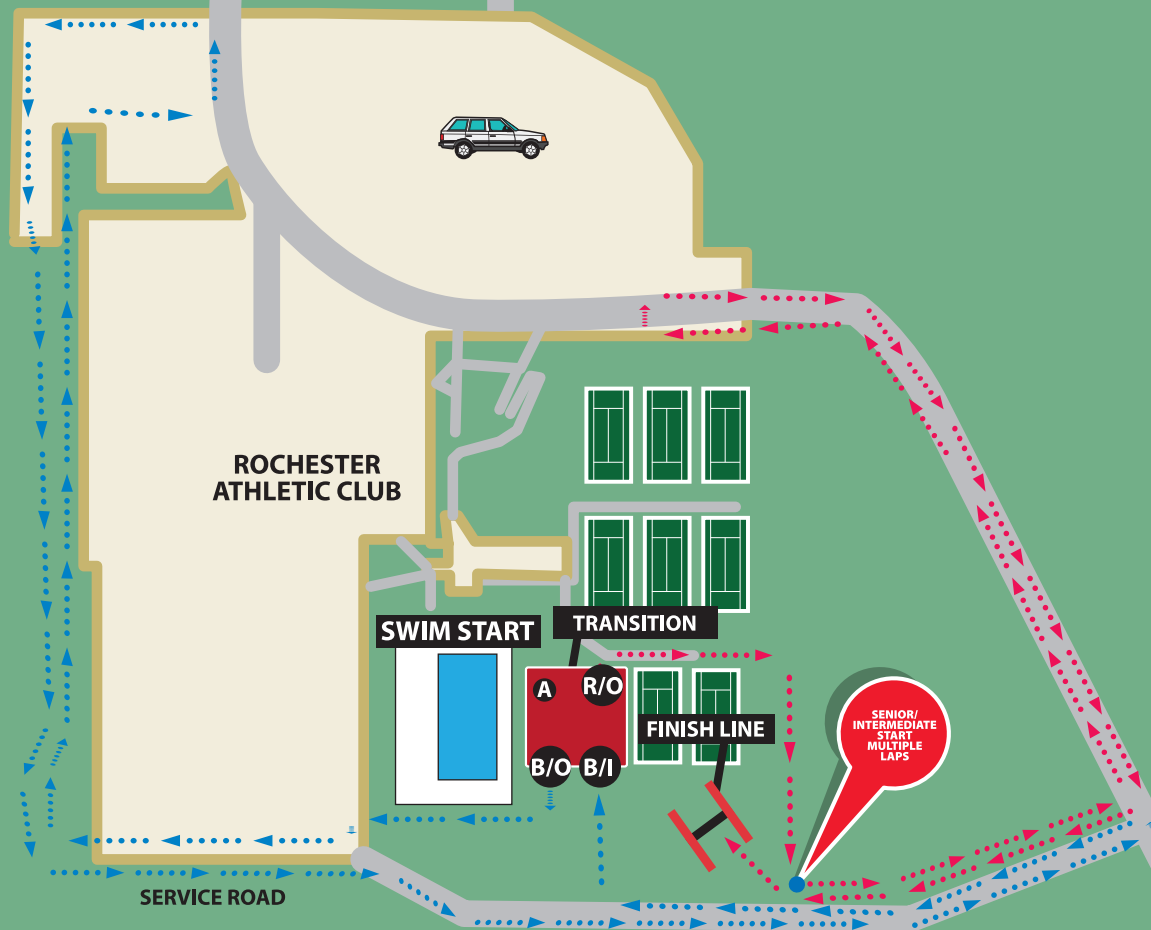





19th St NW

19th St NW

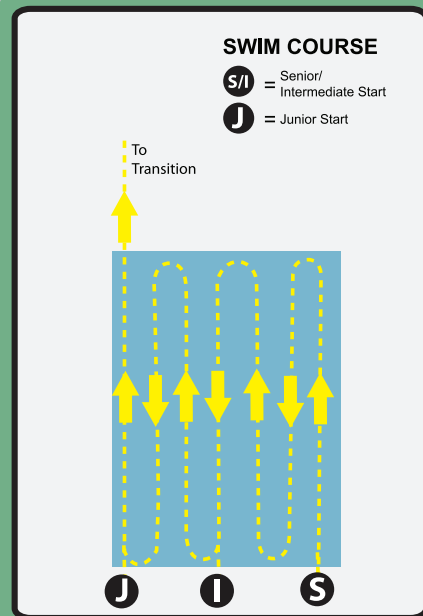
19th St NW



- - - - - = Swim Course
- - - - - = Run Course
 Junior - 500 Yards
 INTERMEDIATE - 2 LAP
 SENIOR - 4 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

SENIOR/INTERMEDIATE START MULTIPLE LAPS



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

Conservation Center