



-----> = Swim Course
-----> = Run Course
 Junior - 500 Yards
 INTERMEDIATE - 1 LAP
 SENIOR - 2 LAPS
-----> = Bike Course
 Junior - 1 LAP
 Intermediate - 2 LAPS
 Senior Bike Course - 4 LAPS

A Aid Station	Parking
E Expo	Run Out
Swim Out	Bike Out
Swim In	Bike In

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

= Senior/Intermediate Start
 = Junior Start