



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 - 1 LAP STRAIGHT TO FINISH
INTERMEDIATE - 2 LAPS
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 |
| (B/I) Bike In | (B/O) Bike Out |

