

COURSE MAP FOR JUNIORS AGE 7 & 8

SWIM – 50 YARDS – 2 POOL LENGTHS

CYCLE - 1.22 MILES. EXIT TRANSITION TO MARKER 1 (SLOW DOWN TO GET LEFT ARM MARKED WITH SHARPIE). CYCLE 1 ½ LAPS AROUND ENTIRE PARK (GET SHARPIE MARK EACH TIME YOU PASS ROUTE MARKER 1. PASS #1 TWO TIMES INCLUDING FROM TRANSITION. ON LAST LAP EXIT TO TRANSITION AT MARKER 3.



COURSE MAP FOR JUNIORS AGES 7 & 8

RUN (Blue Arrows) – ½ MILE – Exit TRANSITION, run to MARKER 1. Run ¼ lap around POND ONLY to MARKER 3. Exit at MARKER 3, run to FINISH LINE.

