

COURSE MAP FOR SENIORS AGES 11 & 12

SWIM – 100 YARDS (4 LENGTHS). Exit pool area to TRANSITION.

BIKE 2.77 MILES – Exit TRANSITION, cycle to MARKER 1(SLOW DOWN TO GET LEFT ARM MARKED WITH SHARPIE), cycle 3 ½ LAPS around entire park(GET SHARPIE MARK EACH TIME YOU PASS ROUTE MARKER 1. Pass #1 four times including from transition. On last lap exit at MARKER 3 and cycle to TRANSITION.



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RUN (BLUE) 1 MILE – Exit TRANSITION, run to MARKER 1, run 1 ¼ laps around pond only, exit at MARKER 3 and run to FINISH LINE.

