



# Course Maps Ages 11-14

- Swim (200 yards)
- Bike Course (Four loops, 5 miles)
- Run Course (1.3 miles)

Free parking is available in the parking lot across Dodge Ave. from the high school. Impacted streets will close at 6:15 a.m. on race morning. Transition for 11-14 year olds will close at 7 a.m.



**POOL SWIM**  
The pool consists of six lanes. Two athletes will be assigned to each lane. Each athlete will stay on their side of the lane (no circle swimming) and swim 8 lengths of the pool then exit to transition. Volunteers will then fill that side of the lane with the next swimmer in line.



# Pool Swim

5-6 year olds will utilize the shallow pool (bottom of map)

7-10 year olds and 11-14 year olds will utilize the large pool (top of map)

11-14 year olds will report to swimmer staging after setting up their transition.

5-6 and 7-10 year olds will wait in the balcony until they are called to the swimmer staging area

