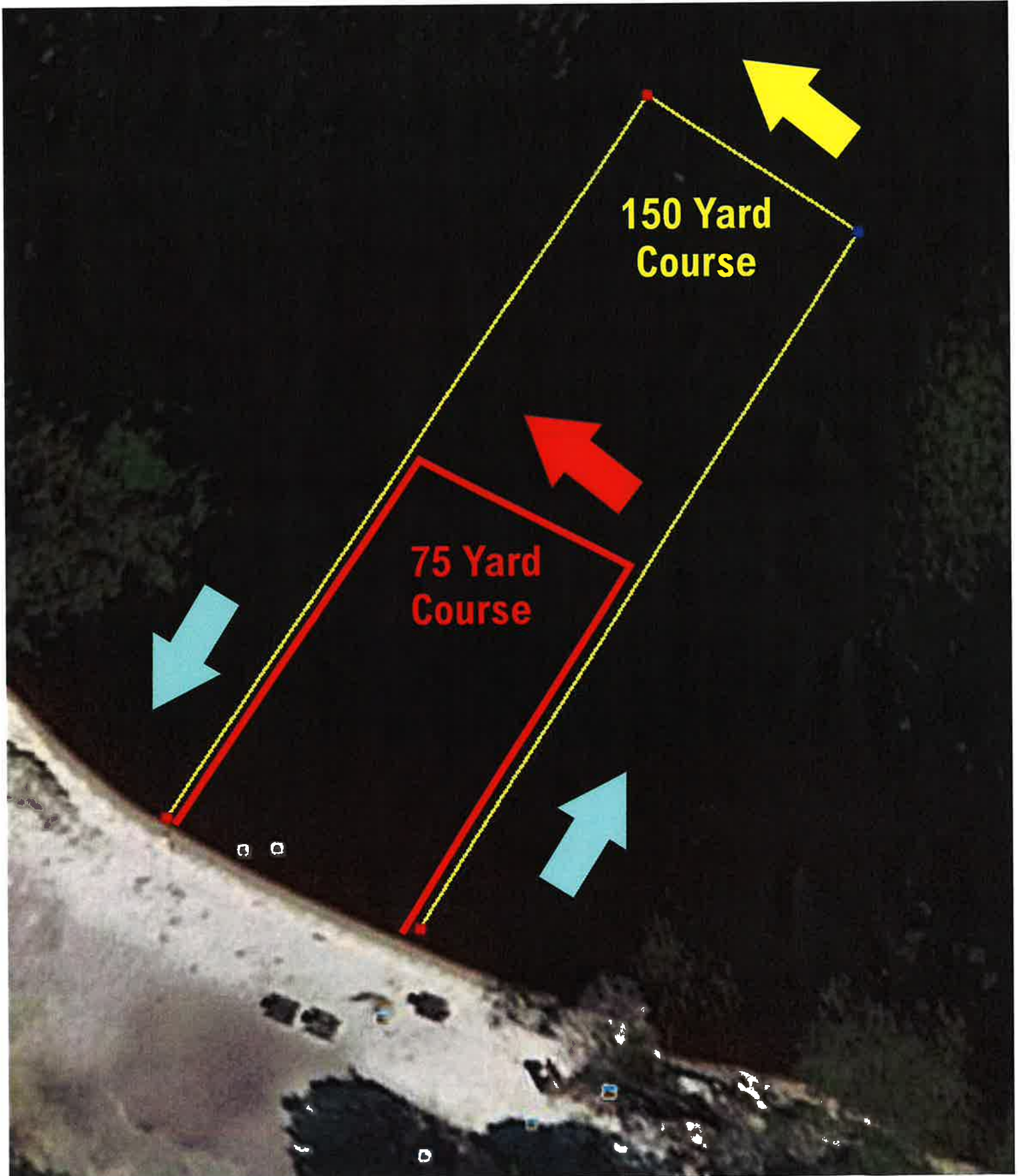




SWIM COURSE

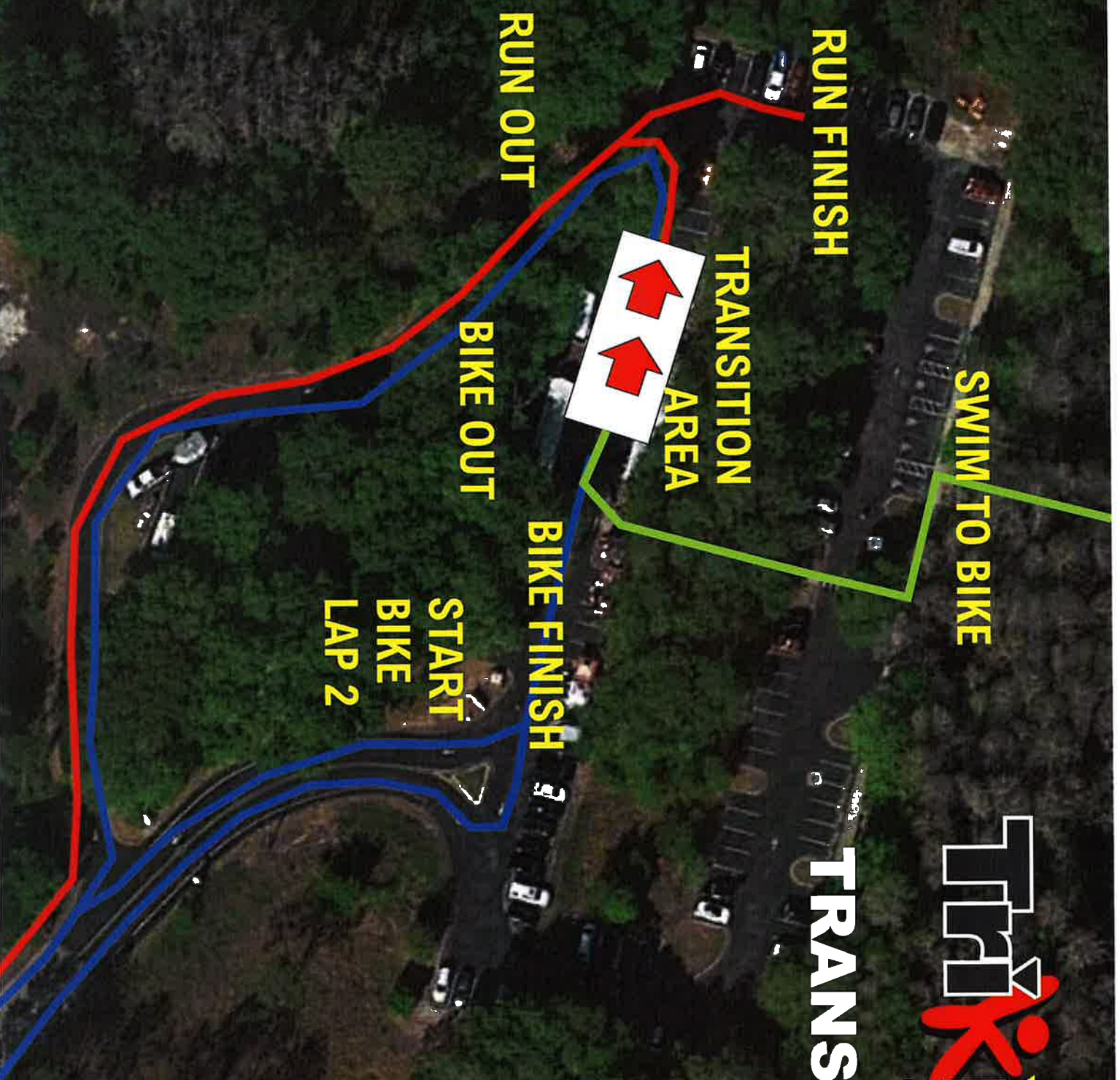
Juniors - 75 Yards

Seniors - 150 Yards





TRANSITIONS



SWIM TO BIKE

RUN FINISH

TRANSITION AREA

TRANSITION AREA

RUN OUT

BIKE OUT

BIKE FINISH

START BIKE LAP 2



BIKE & RUN COURSES

Lake Louisa Beach

**.5 Mile Run
Turnaround**

**1 Mile Run
Turnaround**

BIKE COURSE - BLUE LINE

The bike course is out and back on closed roads. Juniors complete one lap of the course and Seniors complete two laps.

RUN COURSE - RED LINE

The run course is out and back on closed roads. Juniors run .5 miles and Seniors run 1 mile. Please note the separate turnaround points for Juniors & Seniors.

**Bike
Turnaround**