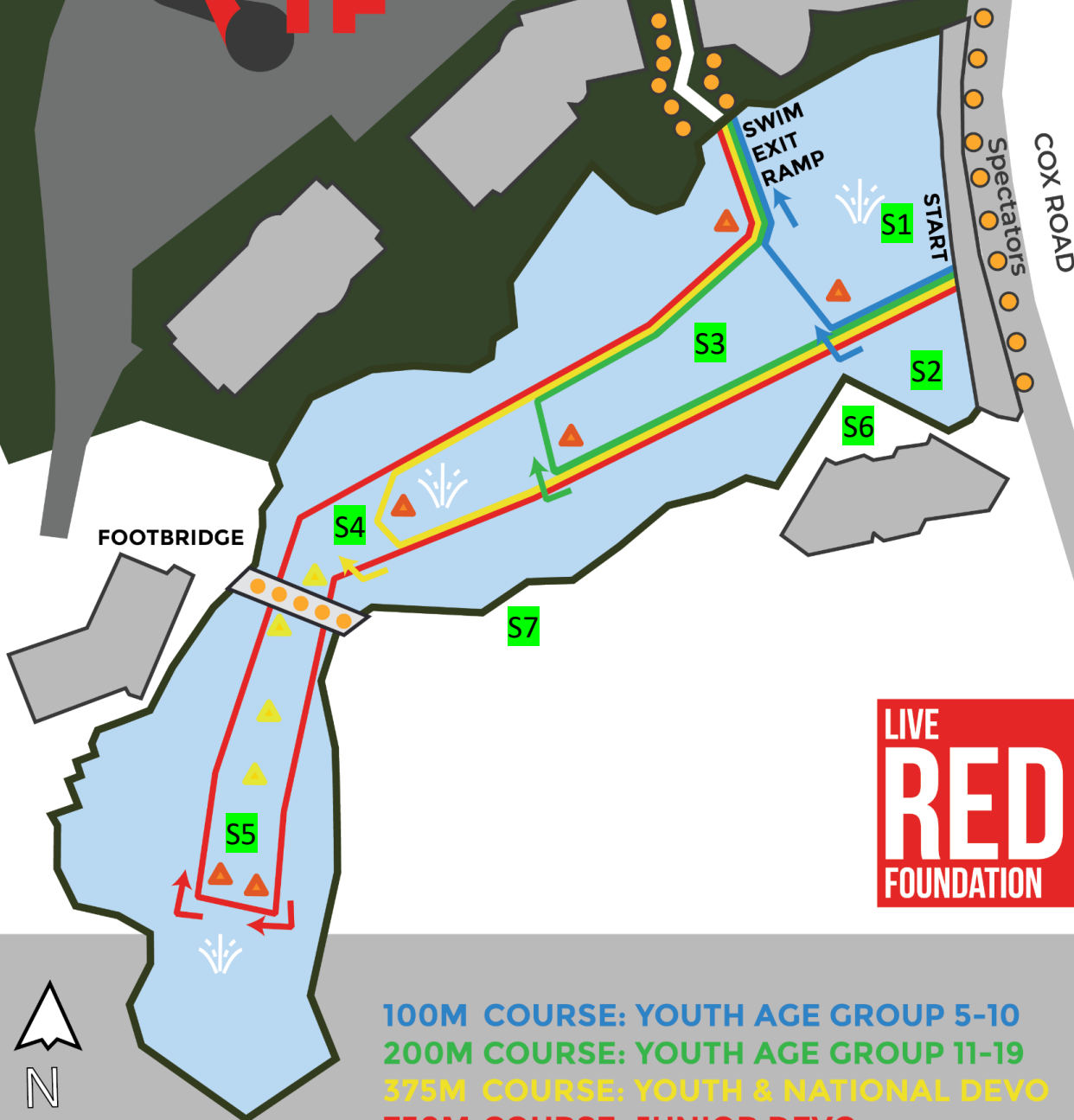


SWIM COURSE



TO TRANSITION



LIVE
RED
FOUNDATION

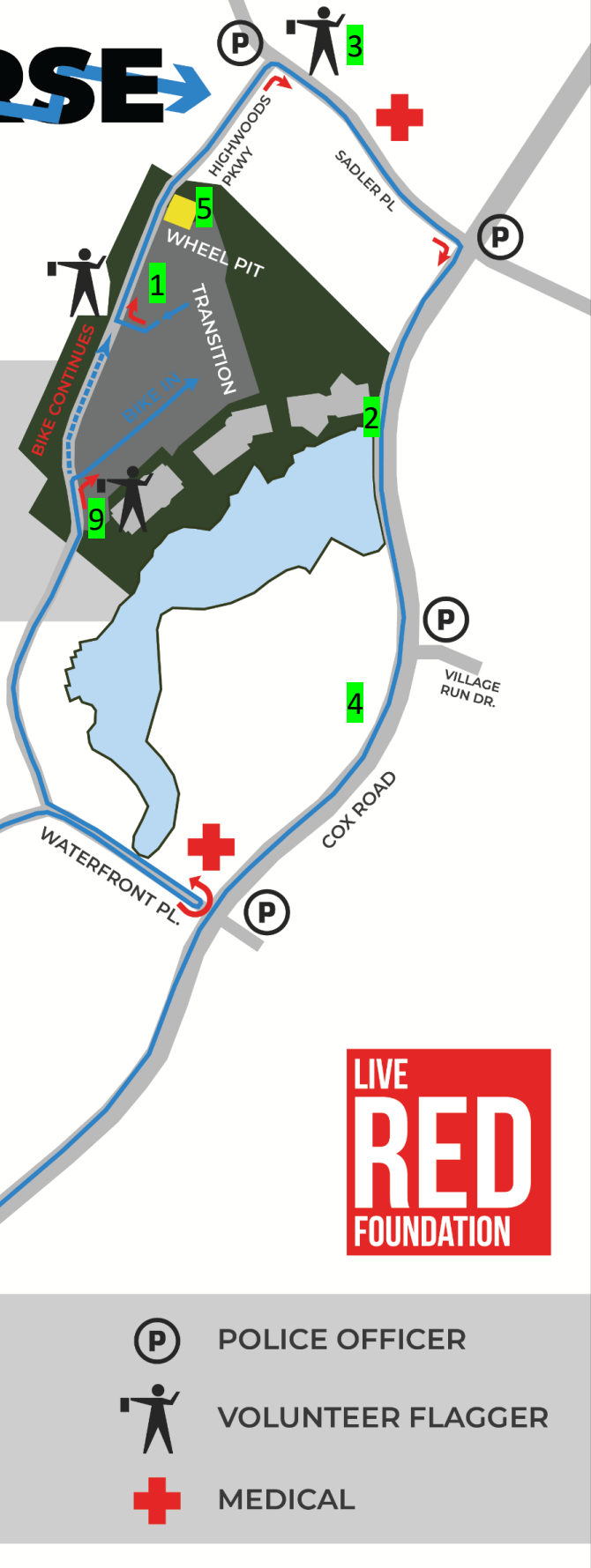
100M COURSE: YOUTH AGE GROUP 5-10
200M COURSE: YOUTH AGE GROUP 11-19
375M COURSE: YOUTH & NATIONAL DEVO
750M COURSE: JUNIOR DEVO

BIKE COURSE



ONE LAP = 5k

YOUTH DEVELOPMENT:	2 LAPS
JUNIOR DEVELOPMENT:	4 LAPS
AGE GROUP YOUTH 5-10:	1 LAP
AGE GROUP YOUTH 11-19:	2 LAPS
AGE GROUP ADULT:	2 LAPS
NATIONAL DEVELOPMENT:	2 LAPS



POLICE OFFICER



VOLUNTEER FLAGGER



MEDICAL

RUN MAP



TURN AROUND FOR
ADDITIONAL LAPS



YOUTH DEVELOPMENT:
JUNIOR DEVELOPMENT:
ADULT AGE GROUP:
5-10 AGE GROUP:
11-19 AGE GROUP:

1 LAP
2 LAPS
1 LAP
TURN AROUND AT HIGHWOODS & SADLER
1 LAP

LIVE
RED
FOUNDATION



TRANSITION



TURN AROUND

BIKE CONTINUES

TEAM TEXTS AND SPECTATORS

VENDORS & FOOD

RESTROOMS



BIKE SERVICES AND SUPPORT

RAVENS

REGISTRATION MEDIA

FINISH

DISMOUNT

SWIM EXIT

BIKE START

RUN START

RUN OUT

BIKE OUT

MOUNT

TRANSITION A

TRANSITION B