

## **Age group 9-10 (Boys and Girls)**

### **Swim:**

The swim is 100 yards long. Participants will meet on the east side of the pool (see course map) and be pre-staged by waves. Waves will go into the pool for the start of the swim (no jumping or diving). The swim will begin on the north side and will be **four laps** across the 25-yard wide pool. There will be a maximum of three athletes per lane. After finishing athletes will exit the pool and WALK to their left to the pool exit. Volunteers will be there to assist and direct participants to the Transition Area located in the Parking Lot on the south-west side of the pool facility (see course map).

### **Transition #1:**

In the Transition Area, participants will prepare for the bike portion of the event. Helmets **must** be worn and buckled. Bikes must be walked to the exit (Bikes Out) of the Transition Area. There will be a bike mounting area outside the Transition Area. Volunteers will be in the Transition Area and bike mounting area to assist participants.

### **Bike:**

The bike segment is 4.5 miles long (see course map). Participants will exit the Transition Area, stay to the right of the parking lot and follow the course out towards Murphy Rd. where they will take a right. The route is a counter clockwise circuit and will consist out of **three loops**. Riders will stay to the right hand side of the road. The course will be clearly marked by cones and signs and volunteers will be there to direct riders. Riders should be careful about merging into the return lane as there will be other riders who are doing the longer course on this portion of the road. Participants will then return to the bike dismount area and Transition Area at the south-west side of the Aquatic facility. This also will be clearly marked and staffed by volunteers.

### **Transition #2:**

Riders will stop and dismount in the bike dismount area and walk to and in the Transition Area. Helmets must not be removed until the participant is at his/her Transition Area location and has placed the bike in the rack. The participant will then prepare for the run segment. There will be volunteers to assist and guide the participants. The participant will walk to the Run Out exit from the Transition Area and turn right onto the running course.

### **Run:**

The run course is 3/4 mile long (see course map). The course will be run in a clockwise direction and athletes will run **three loops**. Signs and volunteers will direct athletes. Caution should be used while running as there will be other runners on the track who are doing longer distances and will be running multiple laps. At the finish line participants will enter a chute where a volunteer will remove the tear-off tag from the bottom of the race number to record their total time. After the tag is removed the athlete will receive a participation medal and may join their friends and family to the refreshment area.