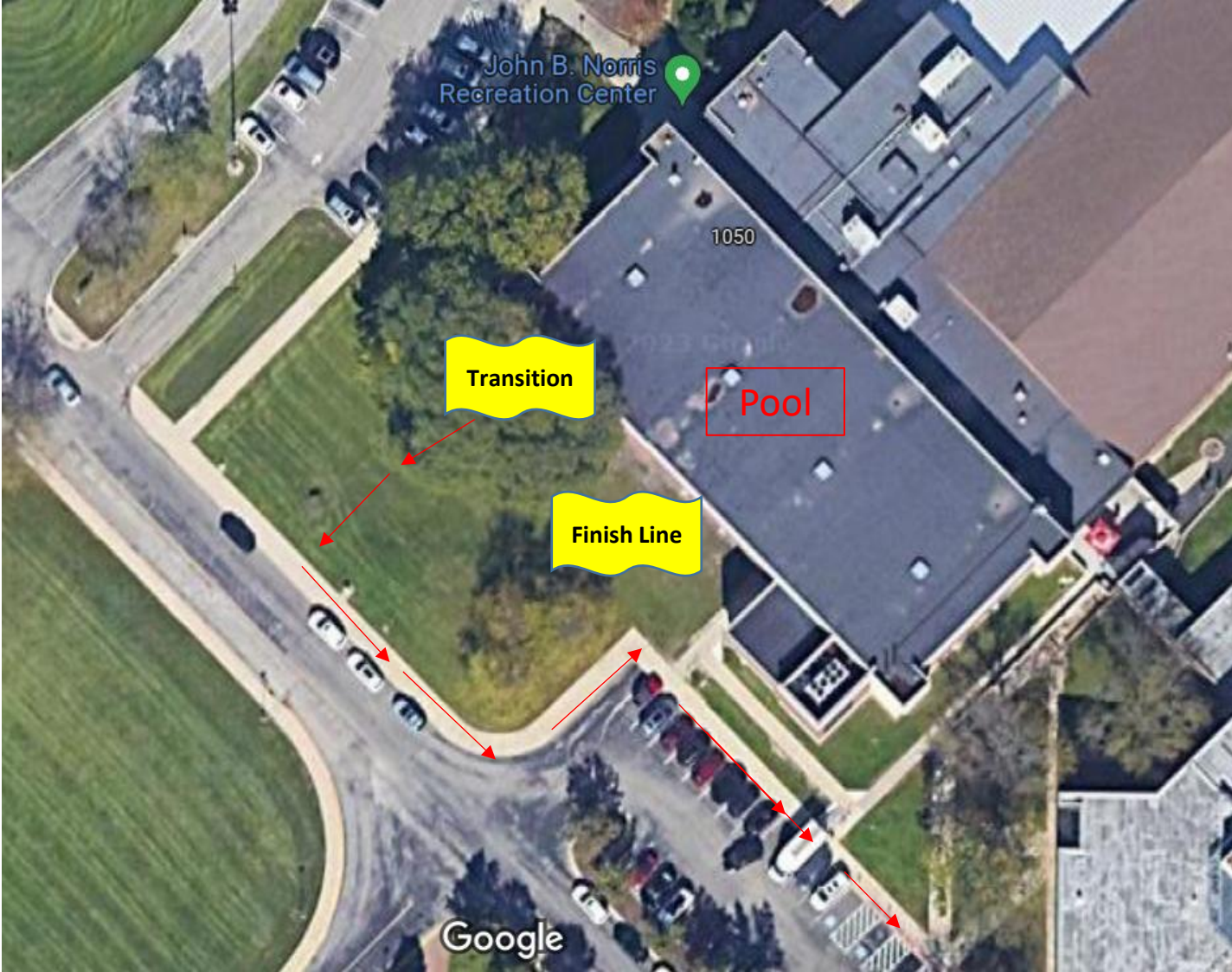


Run and Transition

Transition will be roped off right outside the pool area for all athletes. Athletes will exit transition and start running on the sidewalk path



Adult Run – Page 1

Adult athletes complete this portion of the run and then complete the second portion of the run on the next page

Adult turn around to go back out for their second lap

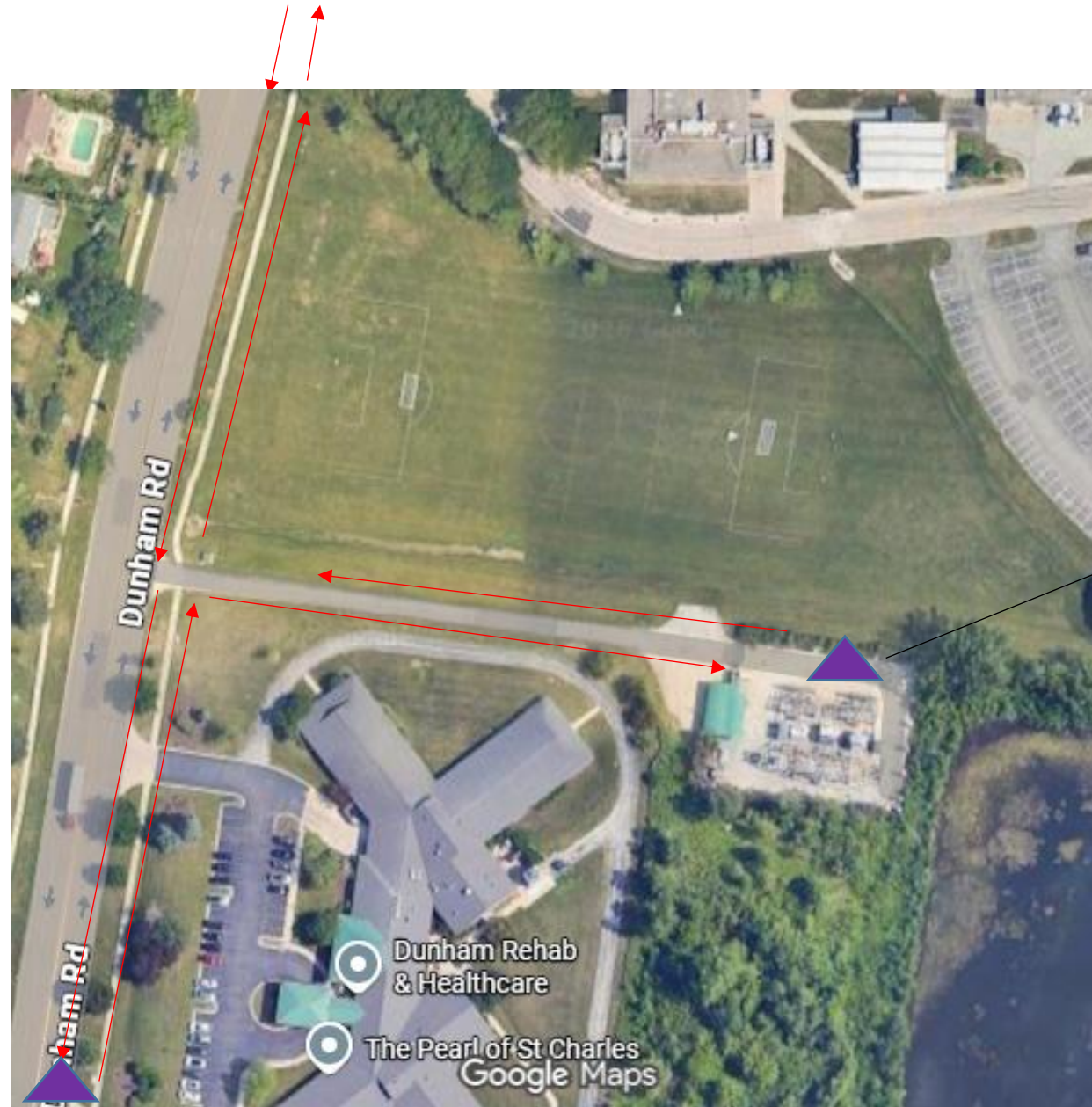
Athletes continue on their run



Adult Run – Page 2

Adults continue on this section of the run to the two turn-arounds and then return to either the 3rd turn around or the finish

Turn around #2



Turn around #3