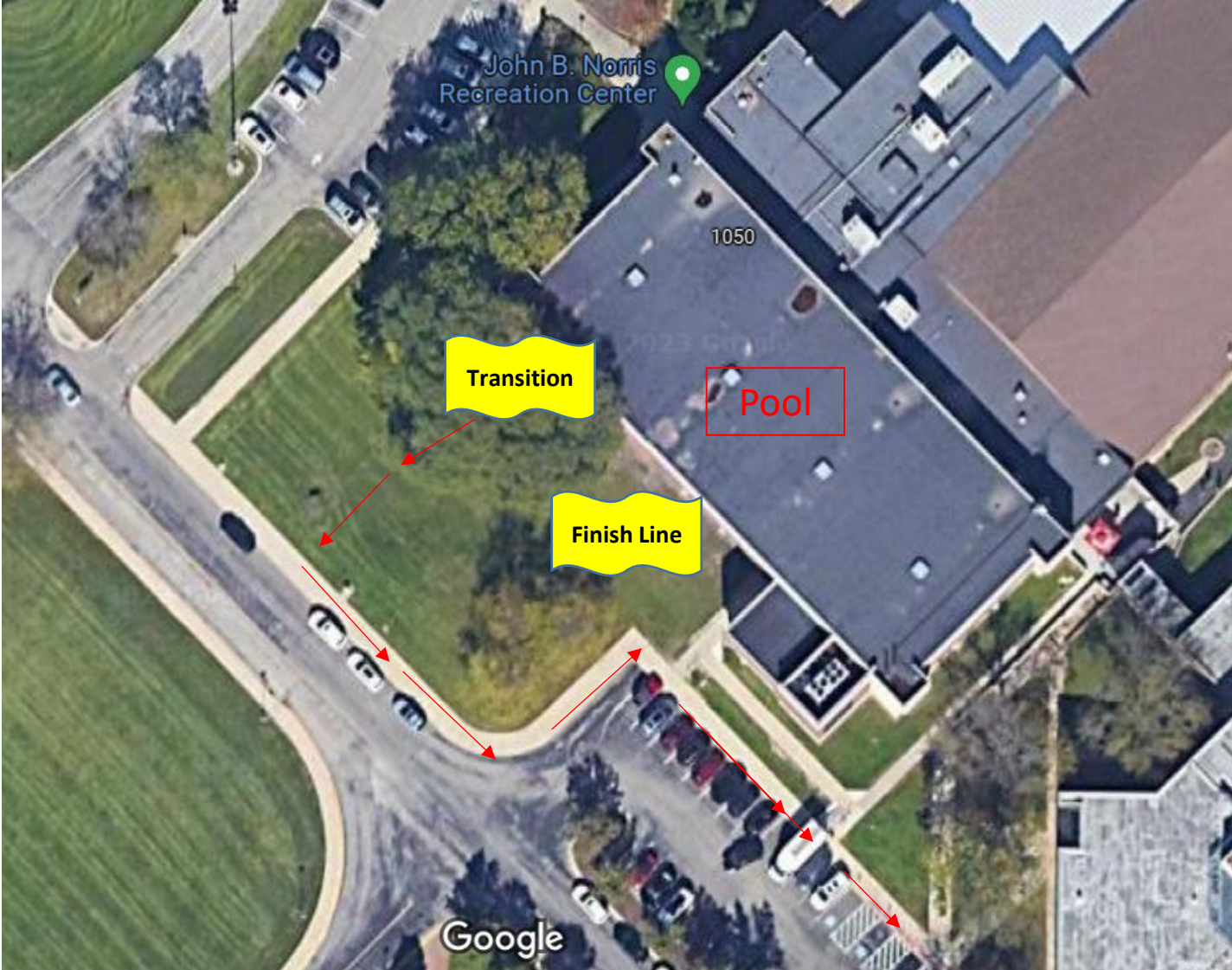




# Run and Transition

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



# Senior Run

Senior athletes will run a similar course to the juniors but they will complete two laps



Senior turn around to go back out for their second lap

Athletes turn around and head back to second lap turn around / finish the same way they came out