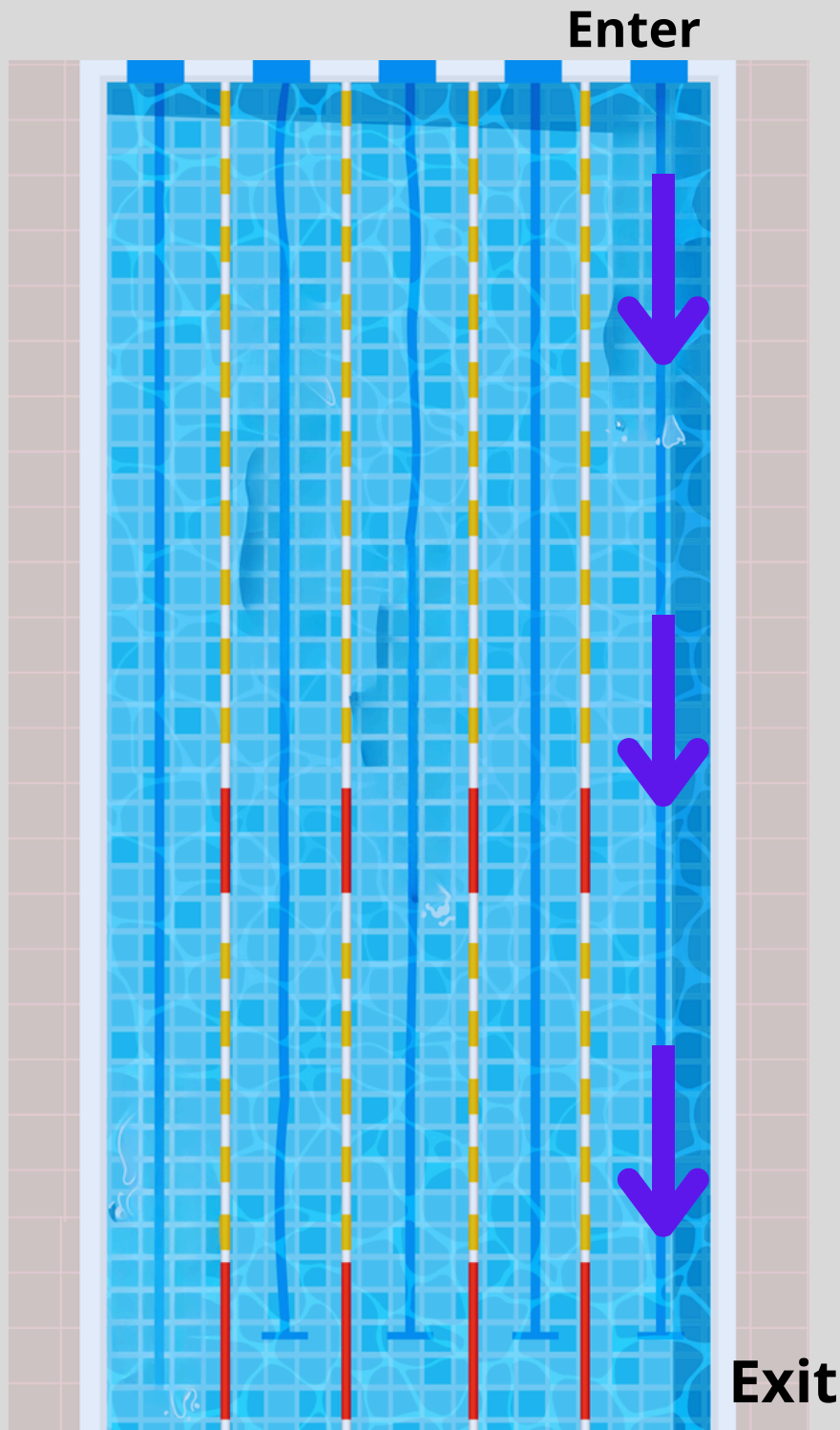


Falcons Swim

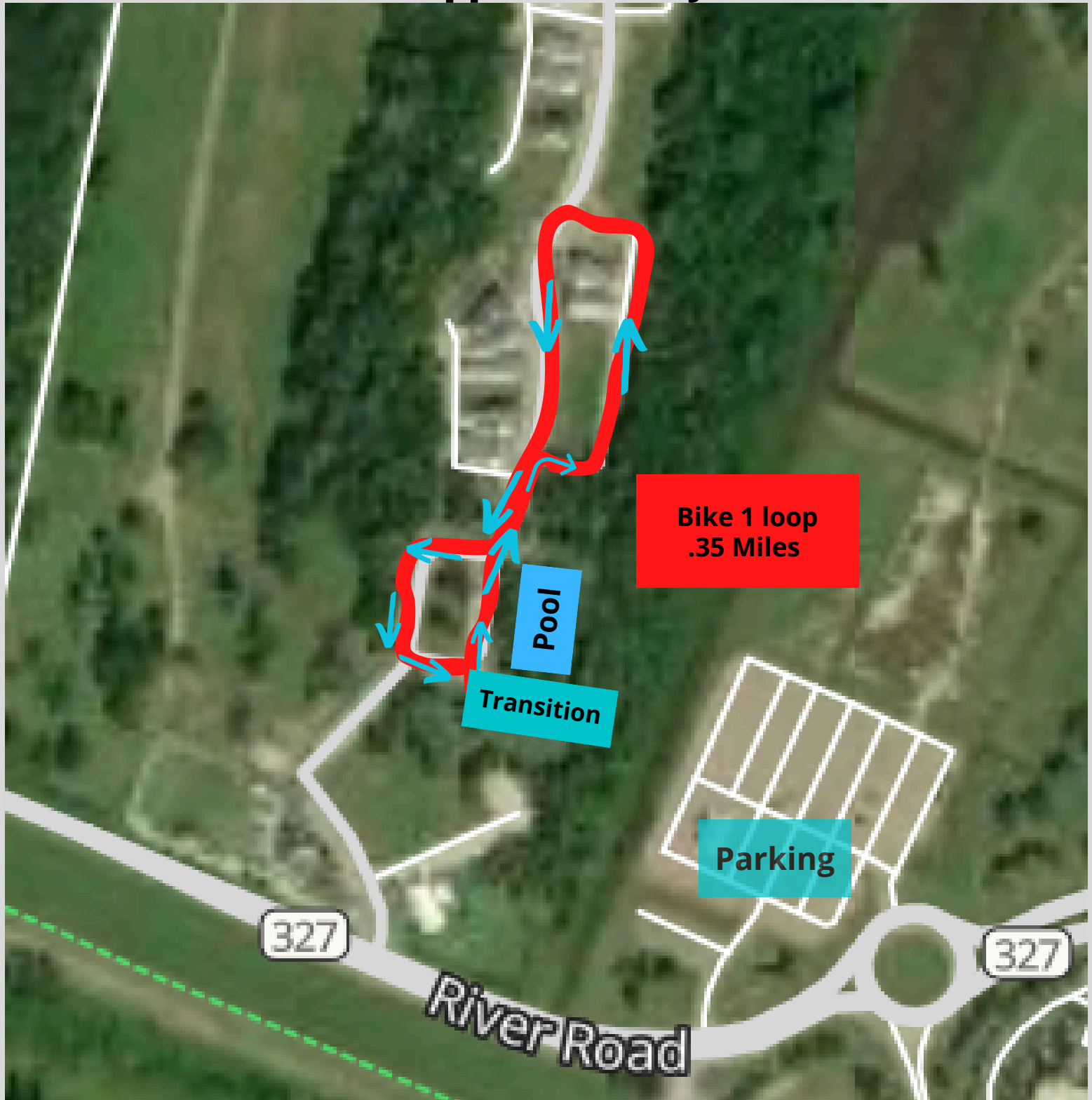
The swim will be 1 length of the pool (25 yards).

Athletes will enter the water when instructed by the volunteers. **No diving allowed.** Each child may have one parent/guardian assist throughout the race.



Falcons Bike

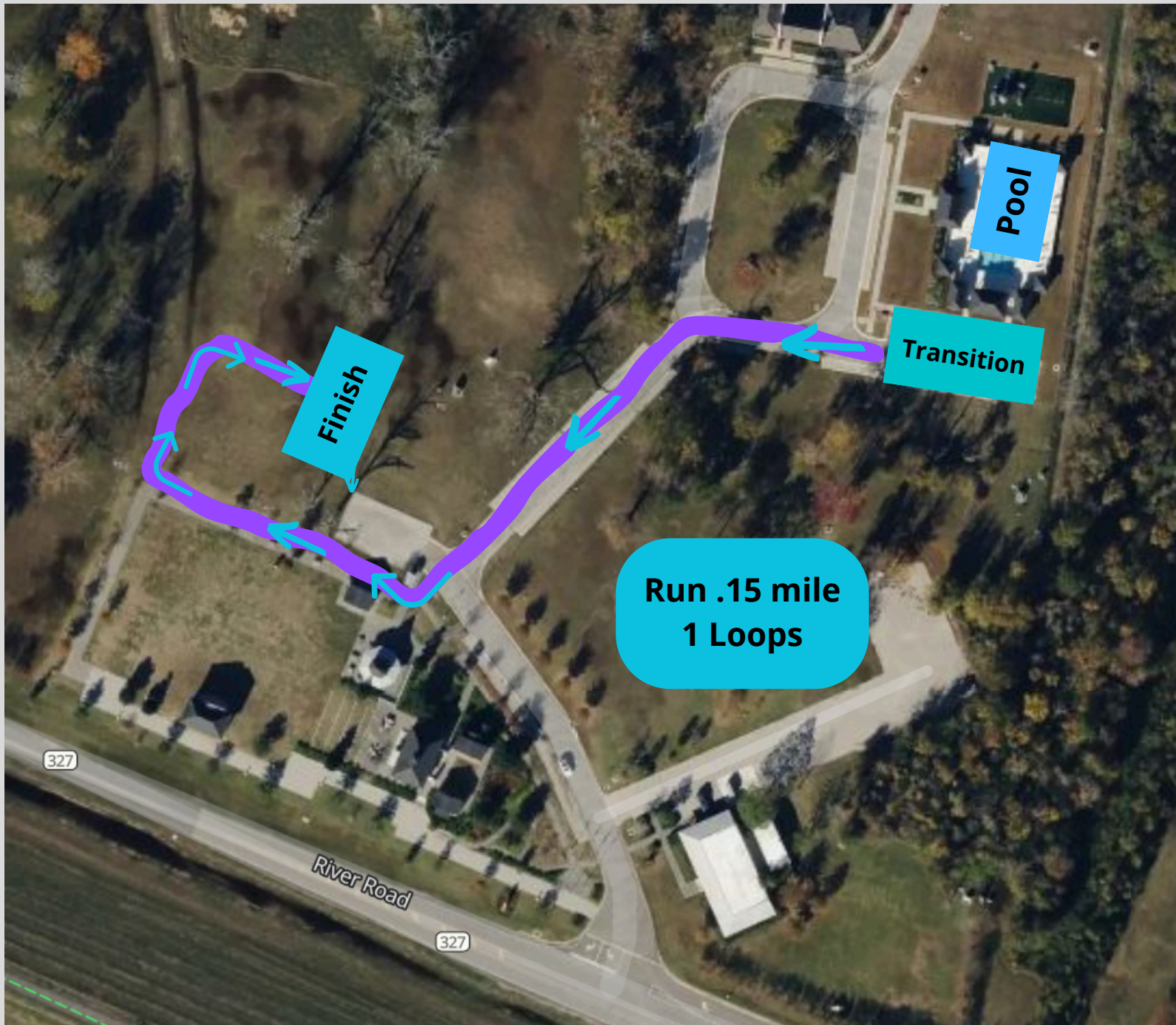
The bike is approximately .35 miles



Athletes will exit transition to mount their bikes at the mount/dismount line and go to the **RIGHT**. Volunteers will be present to direct athletes where to go. Athletes will make **1 loop** of the mapped course and return to transition to start the run.

Falcons Run

The run is approximately .15 miles



Athletes will exit transition with bib numbers on their front (race belt, pinned to shorts, or pinned to shirt) and follow the marked course and volunteer instructions going towards the **LEFT**. Volunteers will be present to direct athletes where to go. Athletes will go from transition to the finish line along the mapped course above.