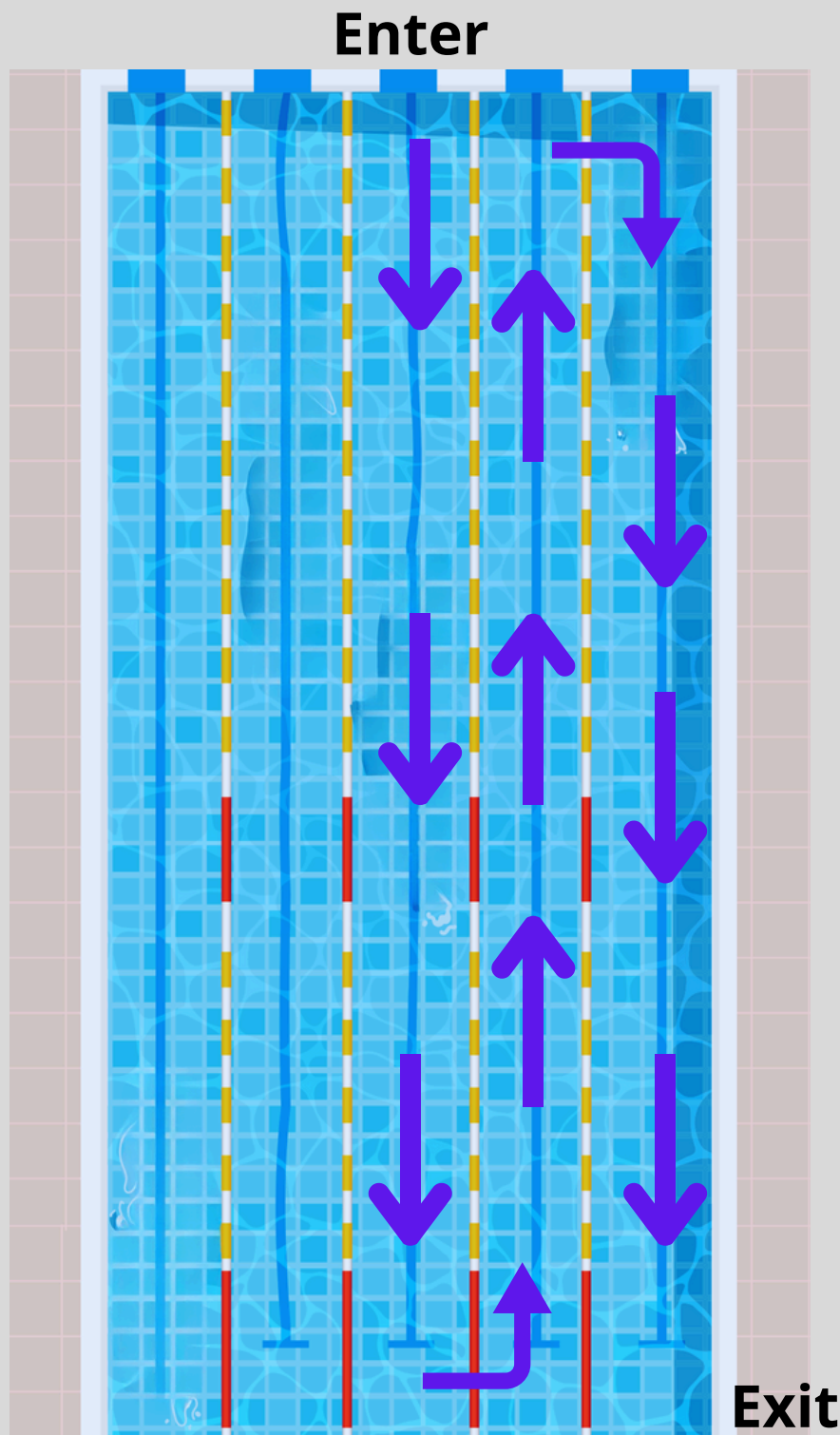


Apollo Swim

The swim will be 3 lengths of the pool (75 Yards).

Athletes will enter the water when instructed by the volunteers. **No diving allowed.**



Apollo Bike

The bike is approximately 3 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 **2 loops** of the mapped course and return to transition to start the run.

The bike and run courses will be marked with Tape and volunteers will be assisting as well.



Apollo Run

The run is approximately .5 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 run **2 loops** of the course go from transition to the finish line along the mapped course above.