

Transition (T): Yellow Box

This is where athletes will put your bike, your helmet, your shoes, etc.

Swim in the HS Pool:

Ages 5-9 will swim 1 x lap (down and back) in the pool.

Ages 10-12 will swim 3 x laps (down and back) in the pool.

Once the swim is completed, athletes will run up to their bike in Transition (T) – blue arrows.

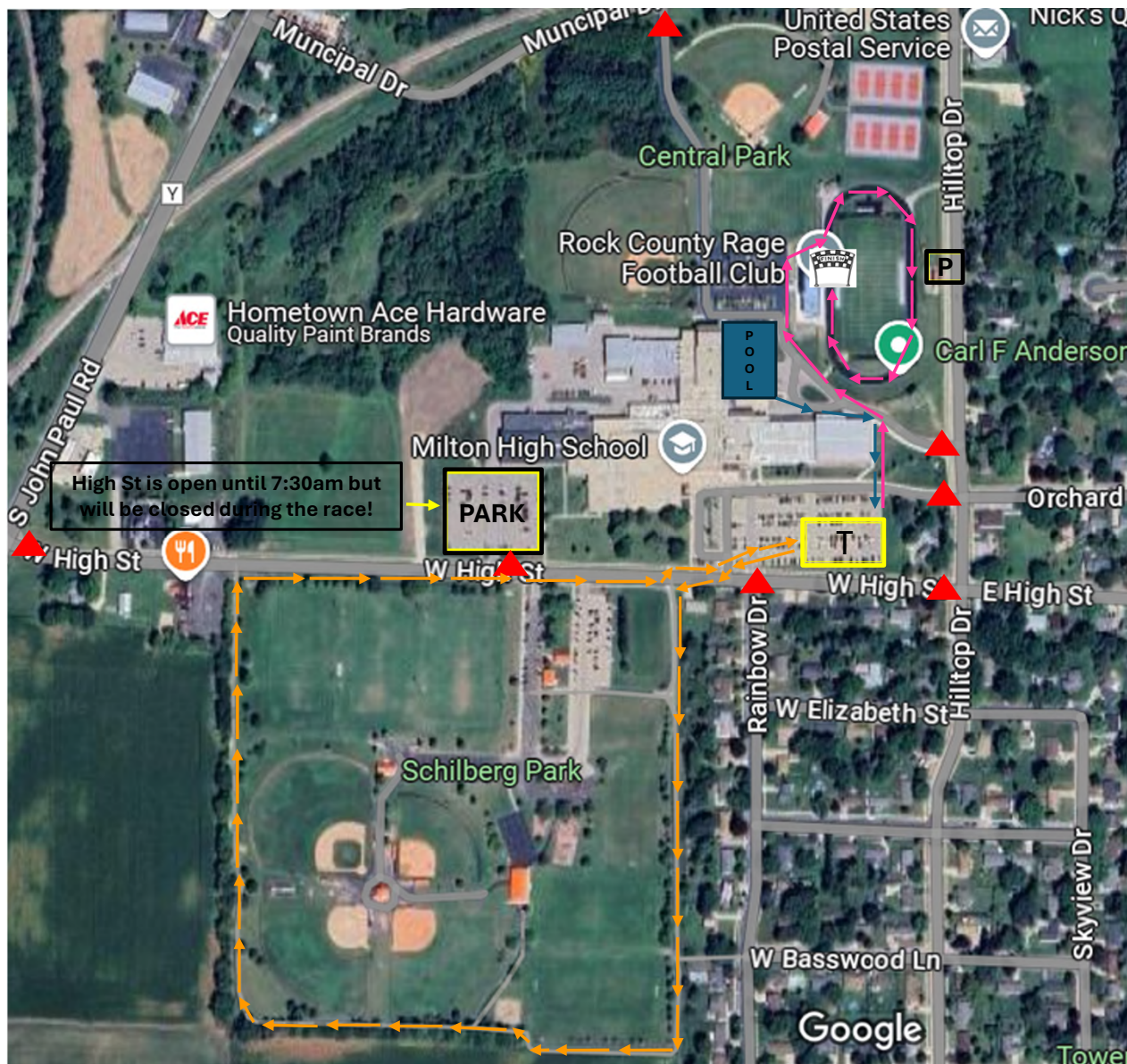
Bike:

Athletes will follow the orange arrows as they take off on their bikes to ride around Schilberg Park.

Ages 5-9 will complete 1 x full loop of the Park and will then head back to Transition (T).

Ages 10-12 will complete 3 x full loops of the Park and will then head back to Transition.

Once in Transition, athletes will park their bike, remove their bike helmet, etc, and run out of Transition towards the run start.



Run Towards the HS Track:

Athletes will run out of Transition and down the hill, following the pink arrows to enter the HS Track.

Ages 5-9 will run 1 x loop around the track and then head to the Finish Line!

Ages 10-12 will run 3 x loops around the track and then head to the Finish Line!

Finish Line:

It is time to celebrate! Athletes will have access to food and drinks after they finish. Music will be playing and they are encouraged to cheer the other athletes on as they finish too!

Fun Run:

After all the Triathlon athletes have completed the race, there will be a Fun Run on the track. Be sure to sign up your kiddos!

Parking:

Spectators & athletes will have access to park in the parking lot on the southwest side of the HS. You can also park on Hilltop Dr or in any of the neighborhoods surrounding the HS.