

Spring Migration Triathlon

COURSE MAP

NOTES:

1. SWIM

- Start race in order of race number from southeast corner of pool.
- Upon leaving pool, exit through southwest door, to transition area located at the northeast corner of the ESU track .

2. BIKE

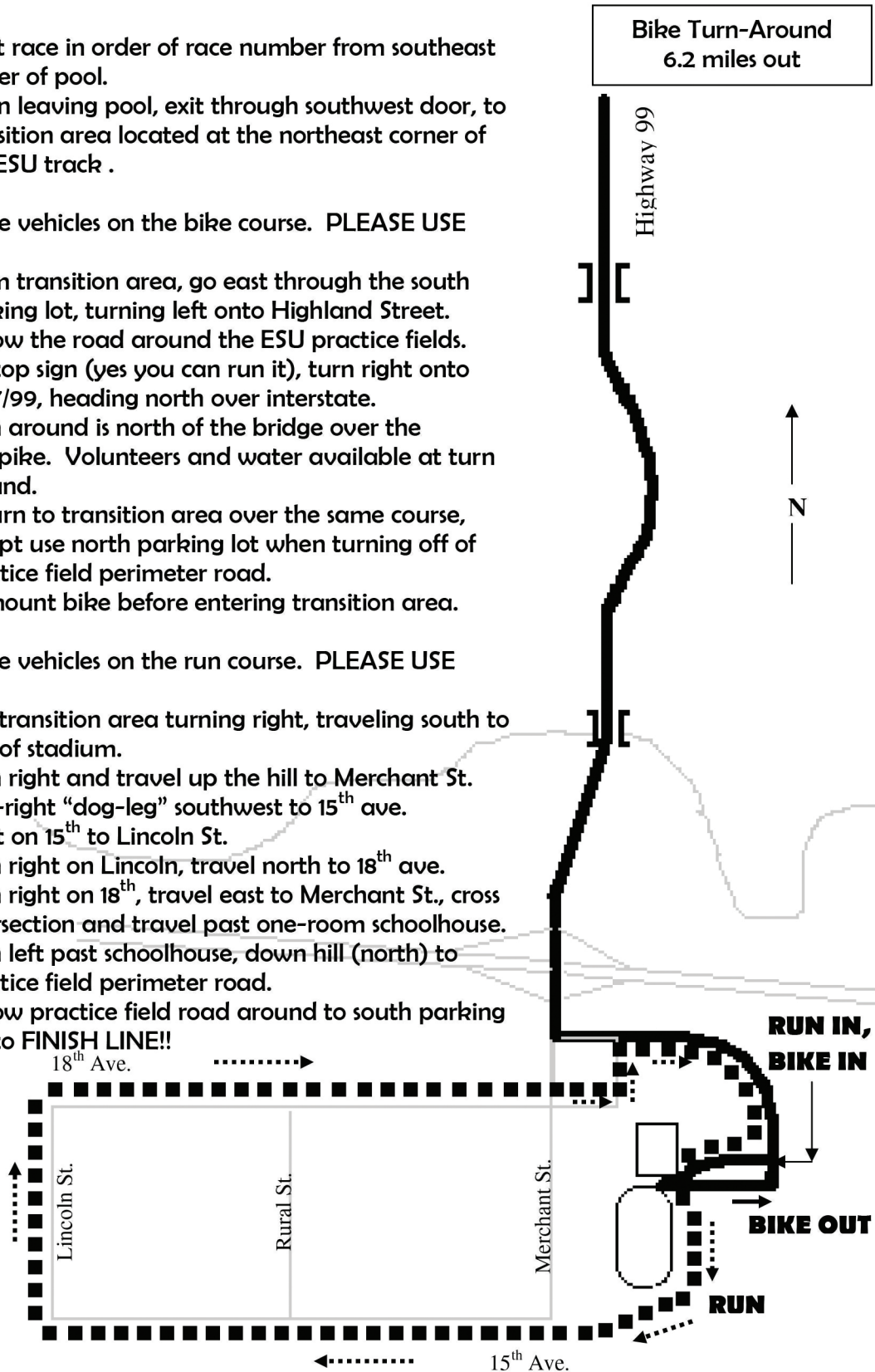
There will be vehicles on the bike course. PLEASE USE CAUTION!!

- From transition area, go east through the south parking lot, turning left onto Highland Street. Follow the road around the ESU practice fields.
- At stop sign (yes you can run it), turn right onto K-57/99, heading north over interstate.
- Turn around is north of the bridge over the turnpike. Volunteers and water available at turn around.
- Return to transition area over the same course, except use north parking lot when turning off of practice field perimeter road.
- Dismount bike before entering transition area.

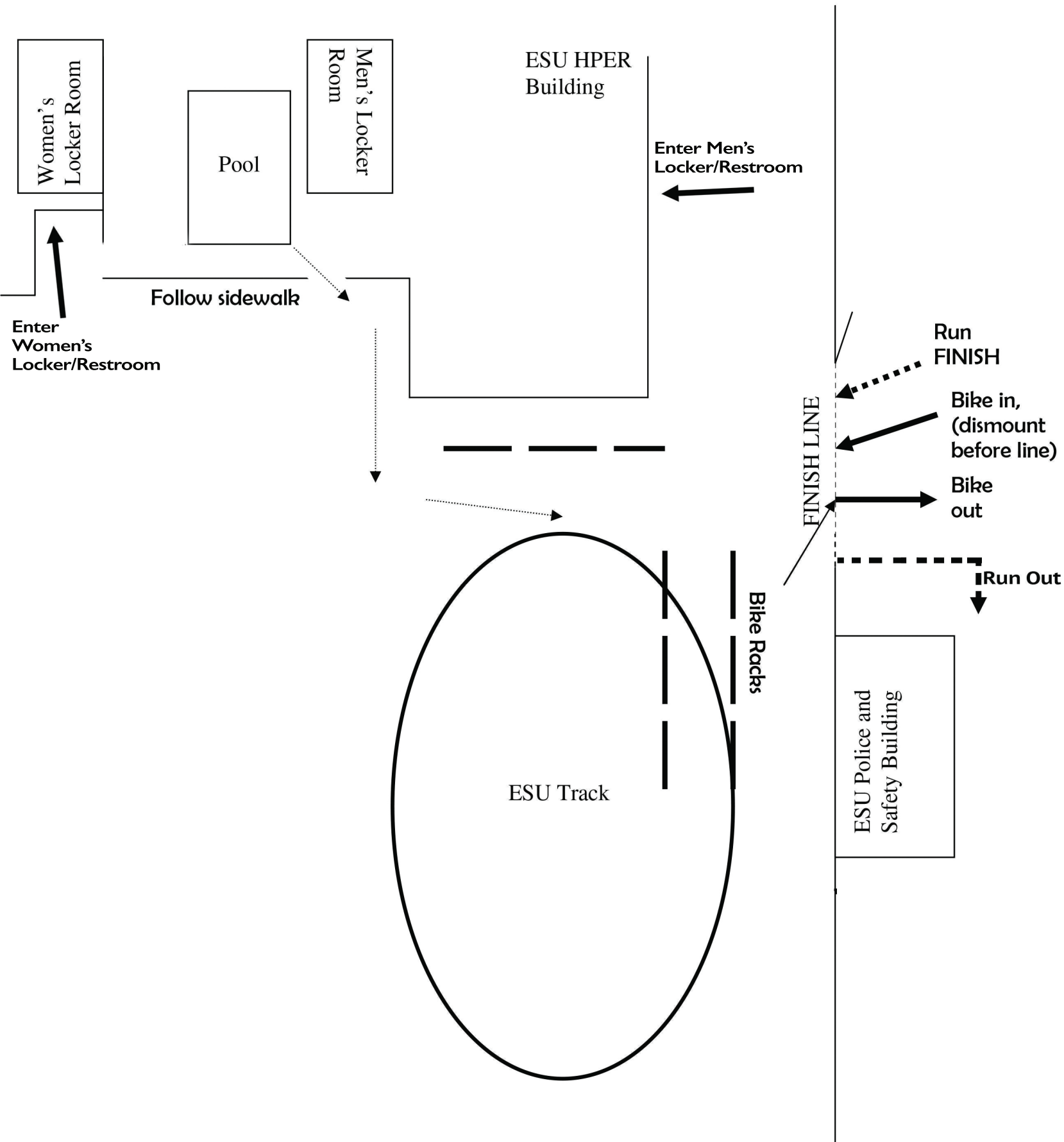
3. RUN

There will be vehicles on the run course. PLEASE USE CAUTION!!

- Exit transition area turning right, traveling south to end of stadium.
- Turn right and travel up the hill to Merchant St.
- Left-right "dog-leg" southwest to 15th ave.
- West on 15th to Lincoln St.
- Turn right on Lincoln, travel north to 18th ave.
- Turn right on 18th, travel east to Merchant St., cross intersection and travel past one-room schoolhouse.
- Turn left past schoolhouse, down hill (north) to practice field perimeter road.
- Follow practice field road around to south parking lot, to FINISH LINE!!



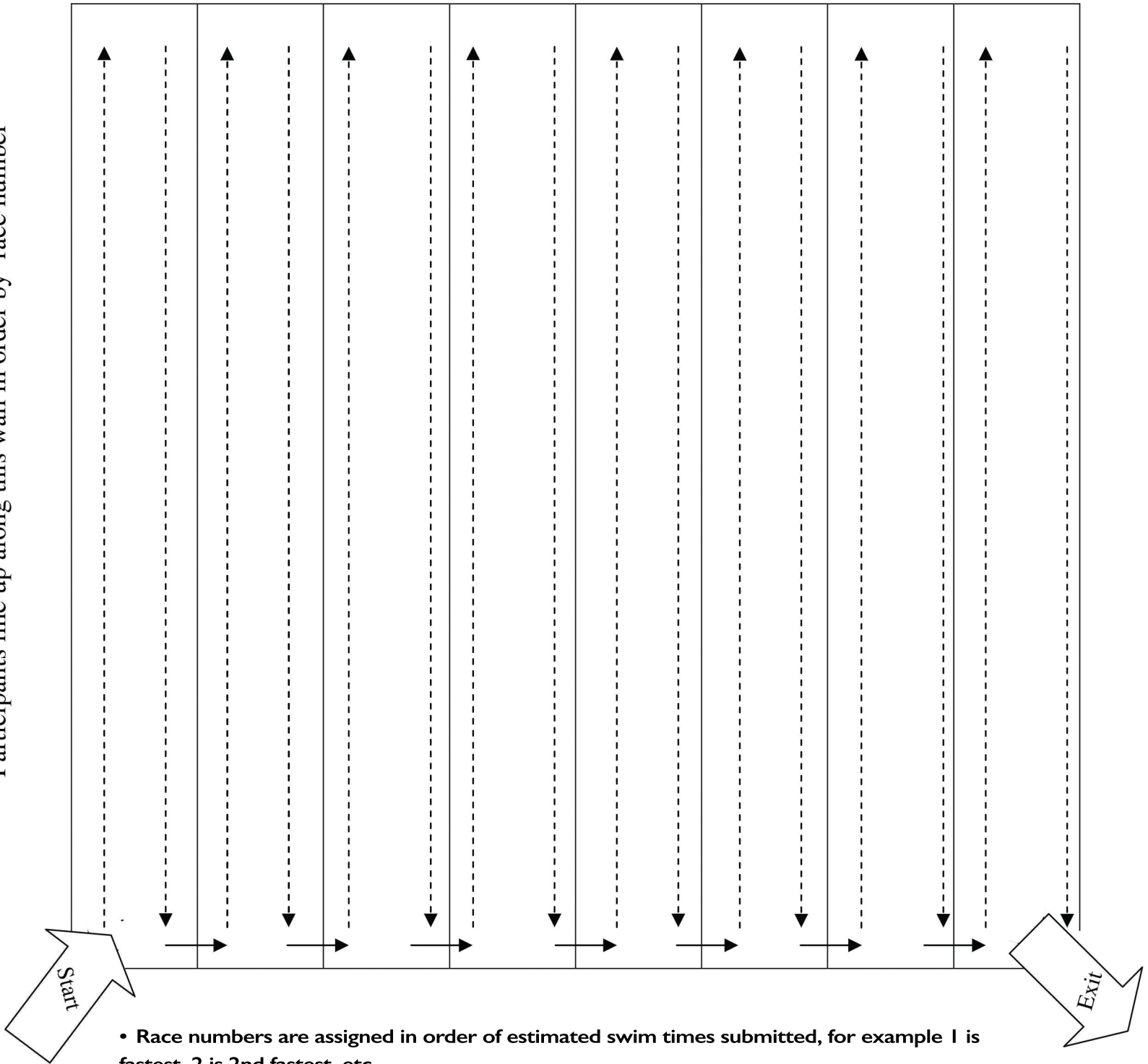
**Spring Migration Triathlon
TRANSITION AREA MAP**



Spring Migration Triathlon

SWIM MAP

Participants line up along this wall in order by race number



- Race numbers are assigned in order of estimated swim times submitted, for example 1 is fastest, 2 is 2nd fastest, etc.
- Participants will be placed in heats of approximately 10 swimmers with similar swim times.
- Participants will line up on the west side of the pool in order of heat number.
- Low numbers will go first within a heat. The next heat will start when the last swimmer of the previous heat has completed one lap. Each heat will take approximately 4 minutes from the start of the first swimmer to the start of the next heat.
- Participants can move to a different heat on race day if submitted swim time has changed.
- The highest numbers (slowest seeded swim times) will be in the first heat and progress with each heat having faster swim times. The lowest numbers (fastest seeded swim times) will be in the last heat.