

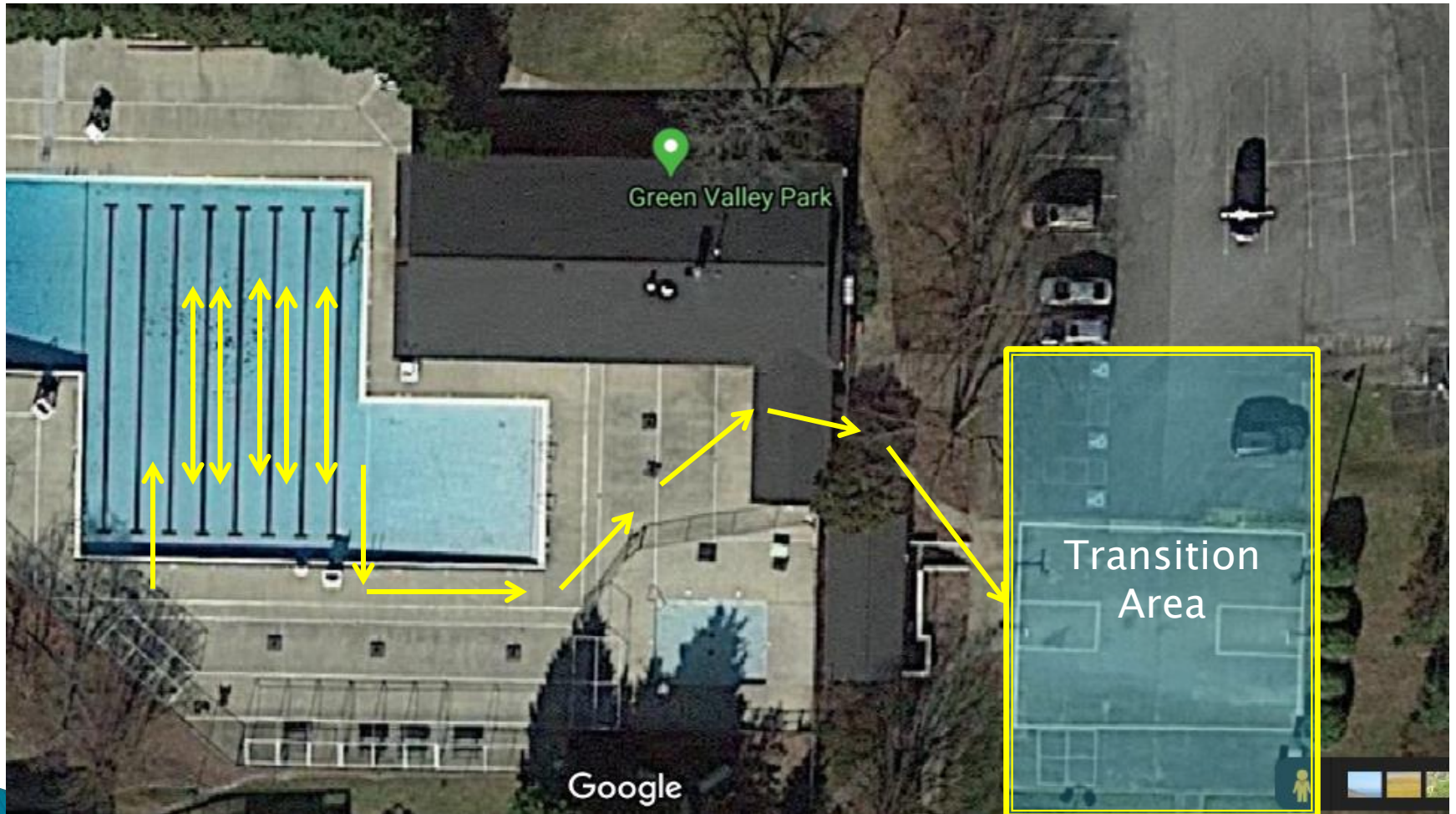
E3 Endurance Junior 7.03 Triathlon Series – Race #1

GREEN VALLEY PARK
COURSE MAPS

SWIM COURSE

- ▶ Time Trial Format
- ▶ Snake Swim Course
- ▶ First 25m and Final 25m will be one direction lane.
- ▶ All other lanes will be down and back.
- ▶ Distances
 - 13 – 19yr & Relay = 300m Swim
 - 11 – 12yr = 200m Swim
 - 9 – 10yr = 100m Swim
 - 7 – 8yr = 50m Swim
 - 5 – 6yr = 25m Swim

SWIM COURSE MAP

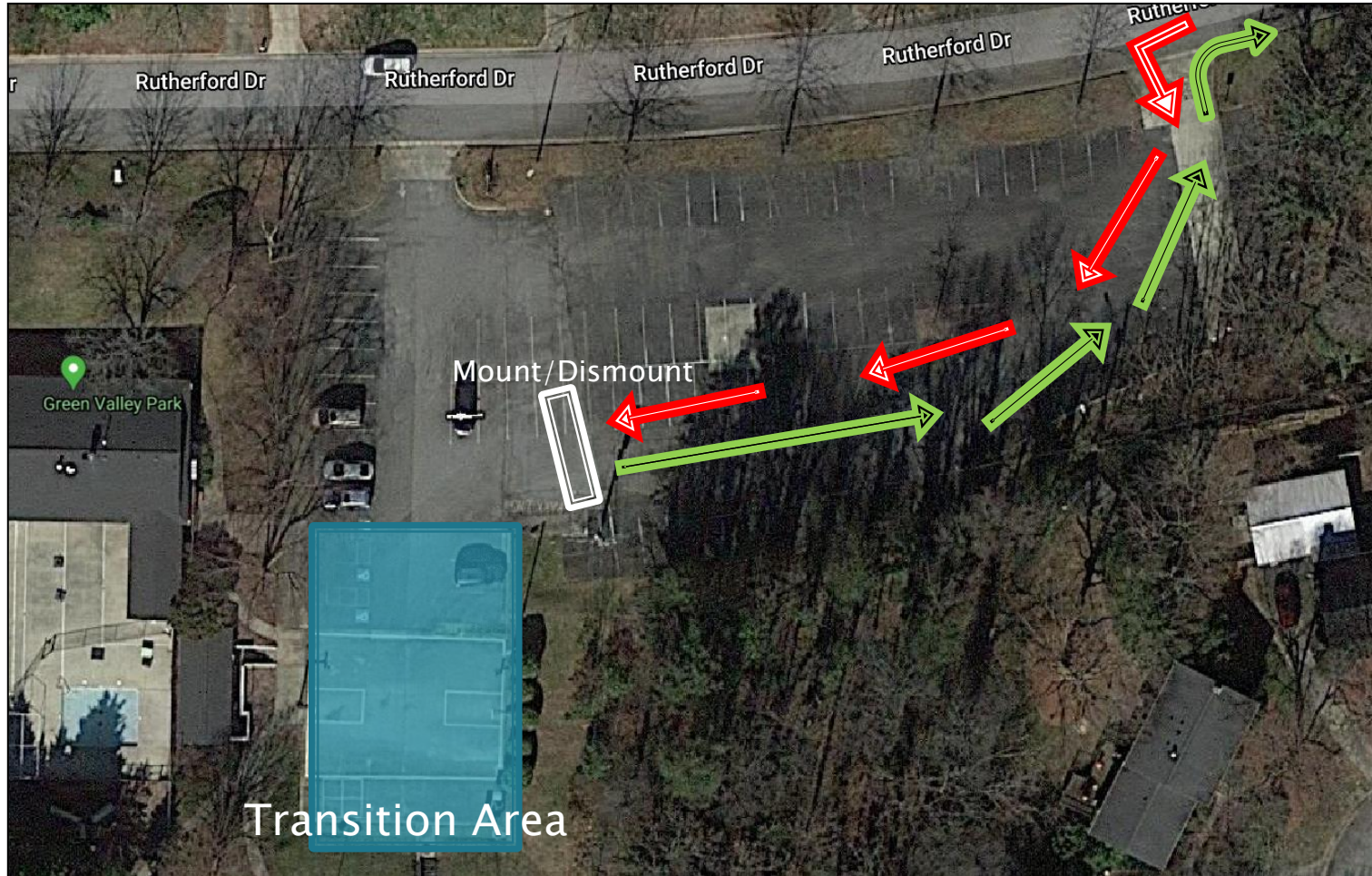


Bike Course

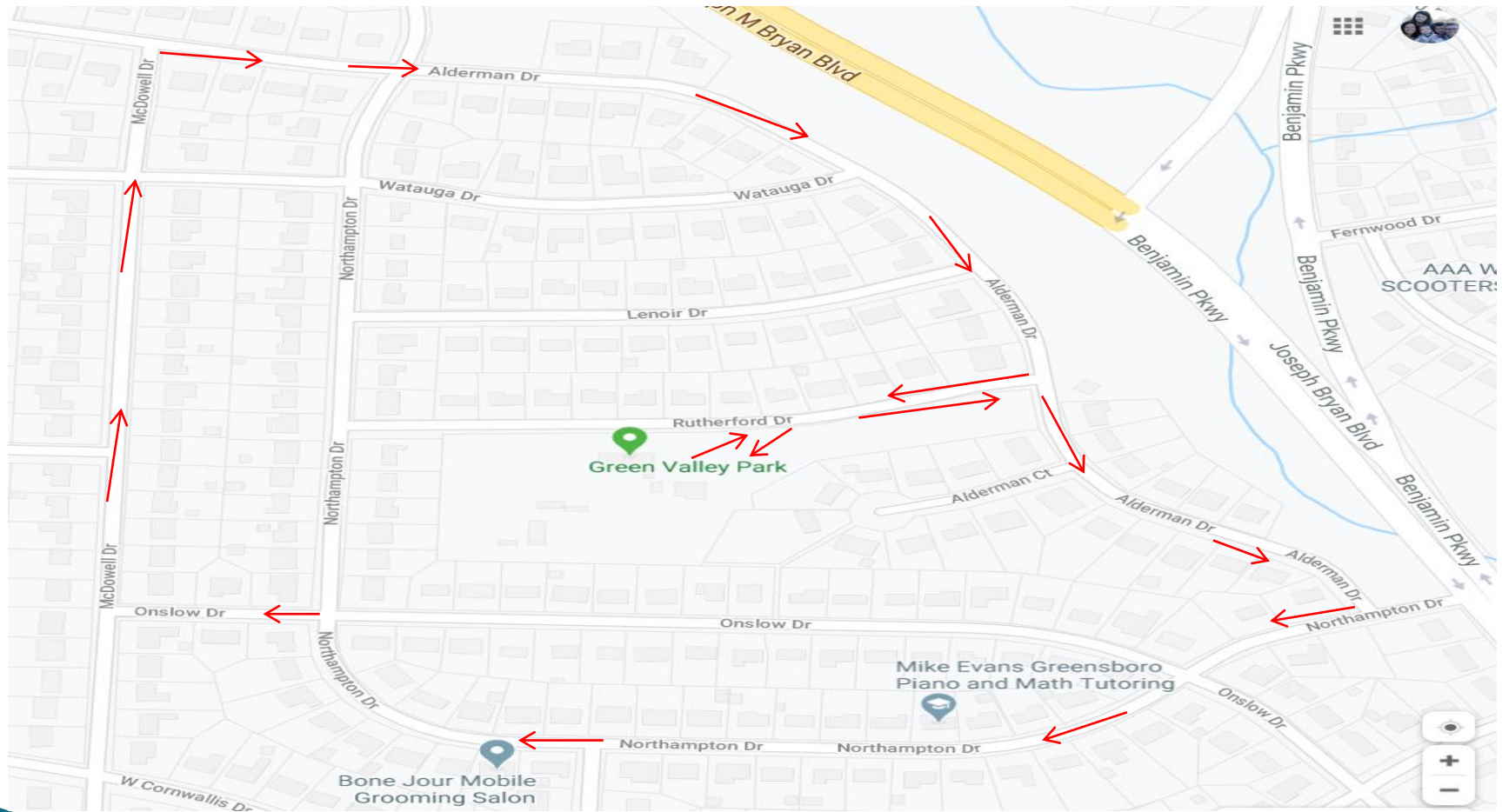
- ▶ Bike Loop is a Clockwise Loop of 1.62 miles.
- ▶ Athletes will leave transition through the parking lot and enter onto Rutherford Drive, making a quick right turn onto Alderman Drive.
- ▶ Distances/Loops:
 - 13–19yr & Relay: 4.86miles/3 Loops
 - 11–12yr: 3.24miles/2 Loops
 - 9–10yr: 3.24miles/2 Loops
 - 7–8yr: 1.62miles/1 Loop
 - 5–6yr: 1.62miles/1 Loop

*All athletes are responsible for cycling their correct distance. If an athlete does not complete the correct distance for their age group, they will be disqualified.

Bike Transition In/Out

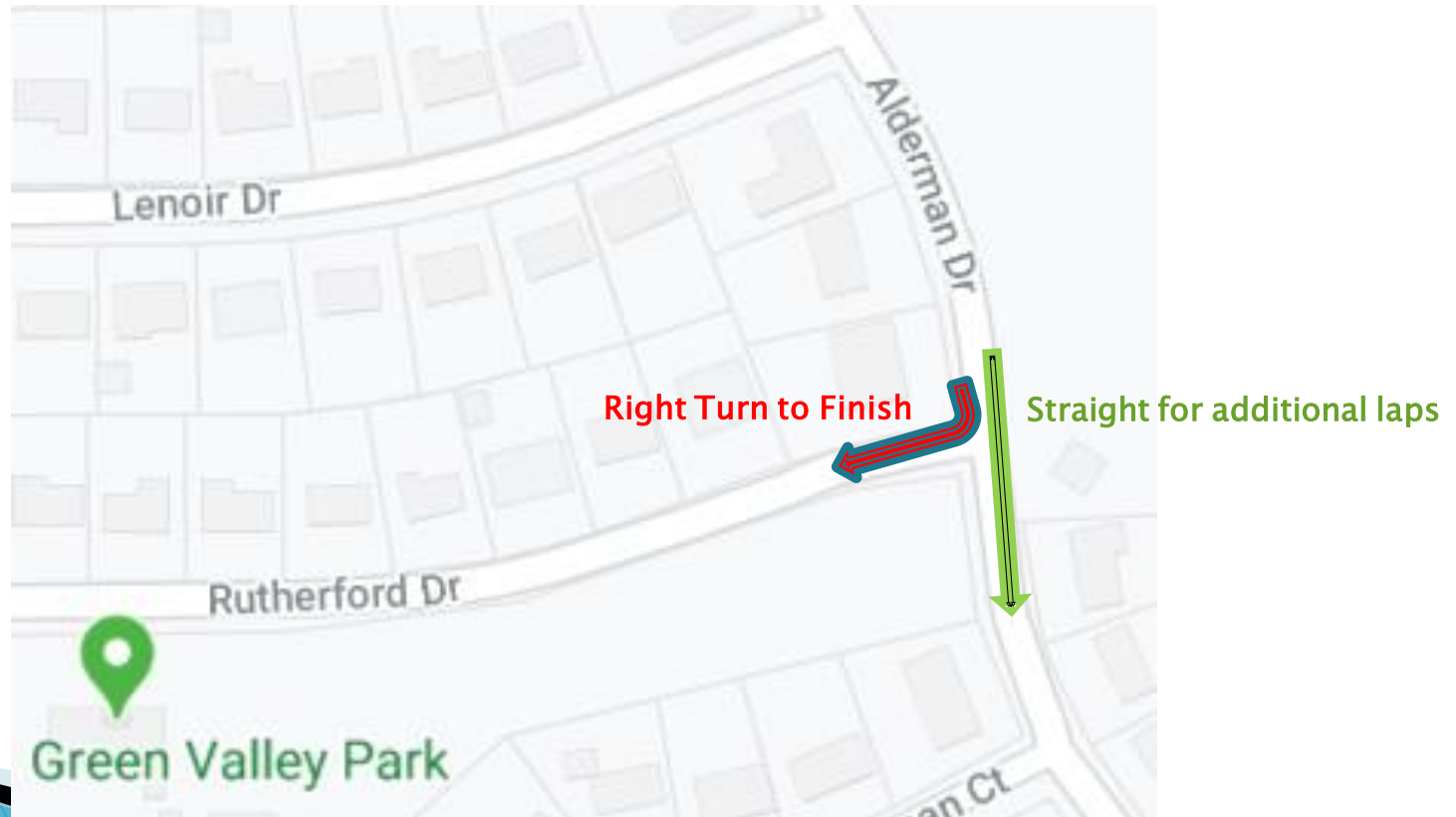


Bike Course Overview (1.62mi)



Bike Extra Loops

- ▶ Athletes Riding 1 Loop Only (5 to 8yr) turn right onto Rutherford
- ▶ Athlete Riding 2 Loops (9–12yr) and 3 Loops (13–19yr & Relay) go straight past Rutherford until completing all laps, and THEN turn right onto Rutherford



Run Course

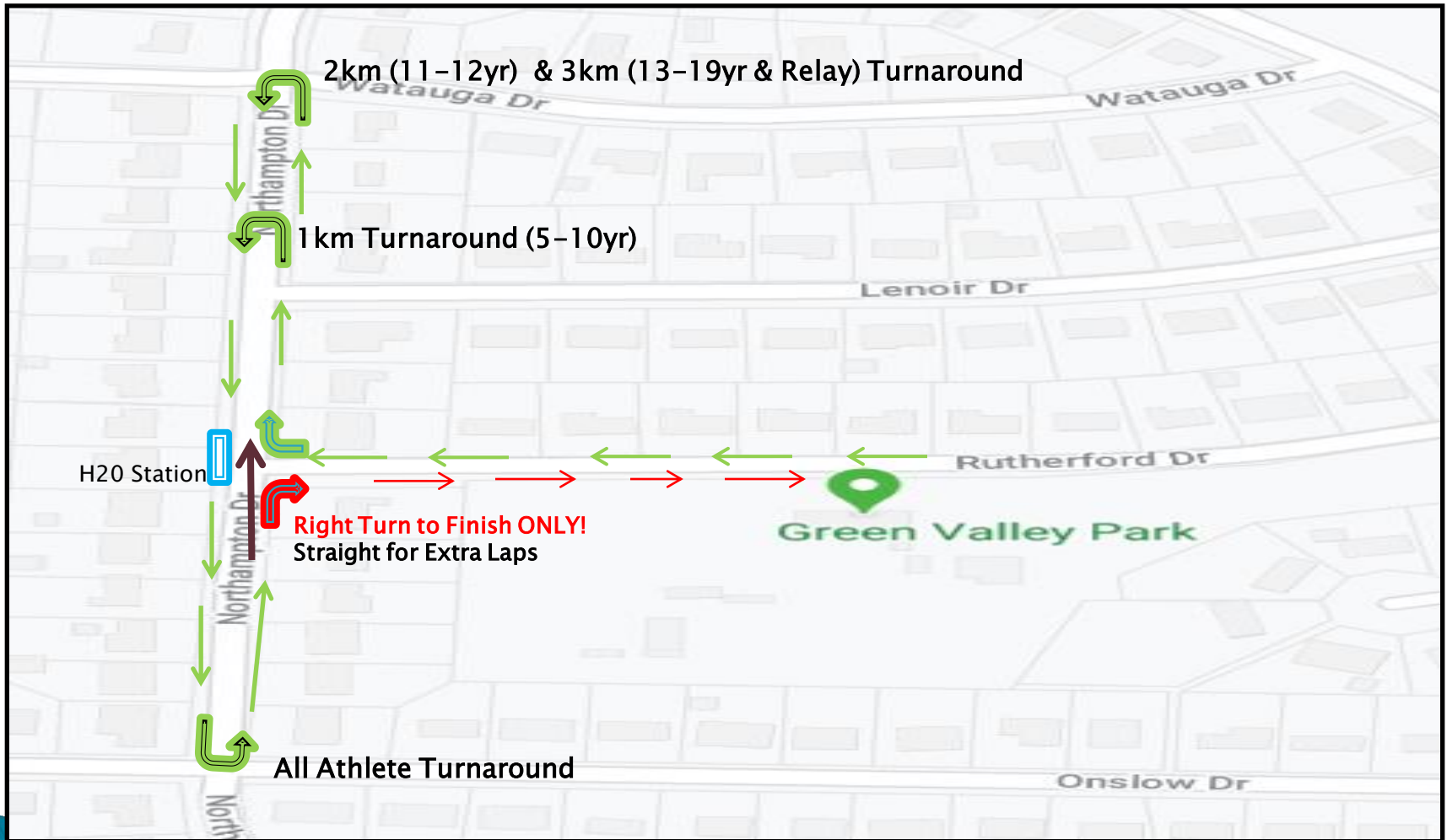
- ▶ Run course is a double turn around “T” Shaped, 1 km Loop.
- ▶ Athletes that are running more than 1 km, will run multiple larger loops than athletes only running 1 km
- ▶ Distances/Loops
 - 13–19yr & Relays: 1.86miles/3 Loops
 - 11–12yr: 1.24miles/2 Loops
 - 9–10yr: .62mile/1 Loop
 - 7–8yr: .62mile/1 Loop
 - 5–6yr: .62mile/1 Loop

*All athletes are responsible for running their correct distance. If an athlete does not complete the correct distance for their age group, they will be disqualified.

Run Course Start/Finish Line

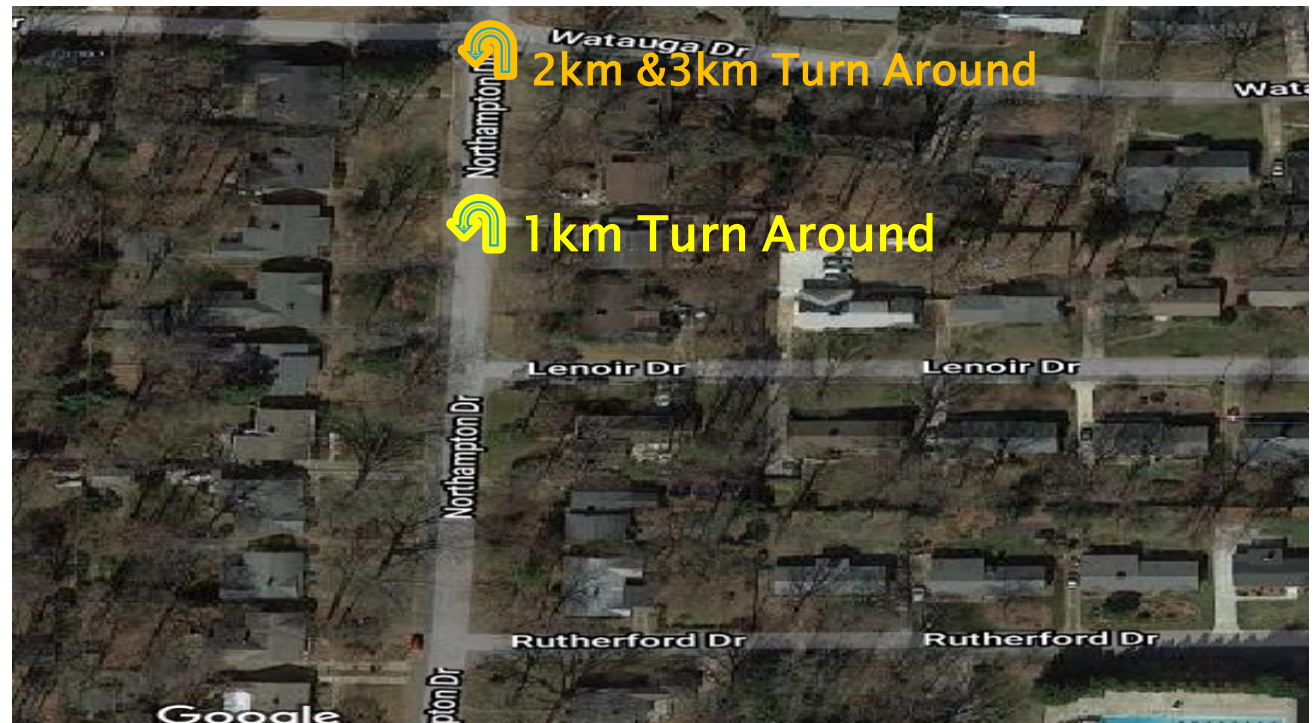


Run Course Overview

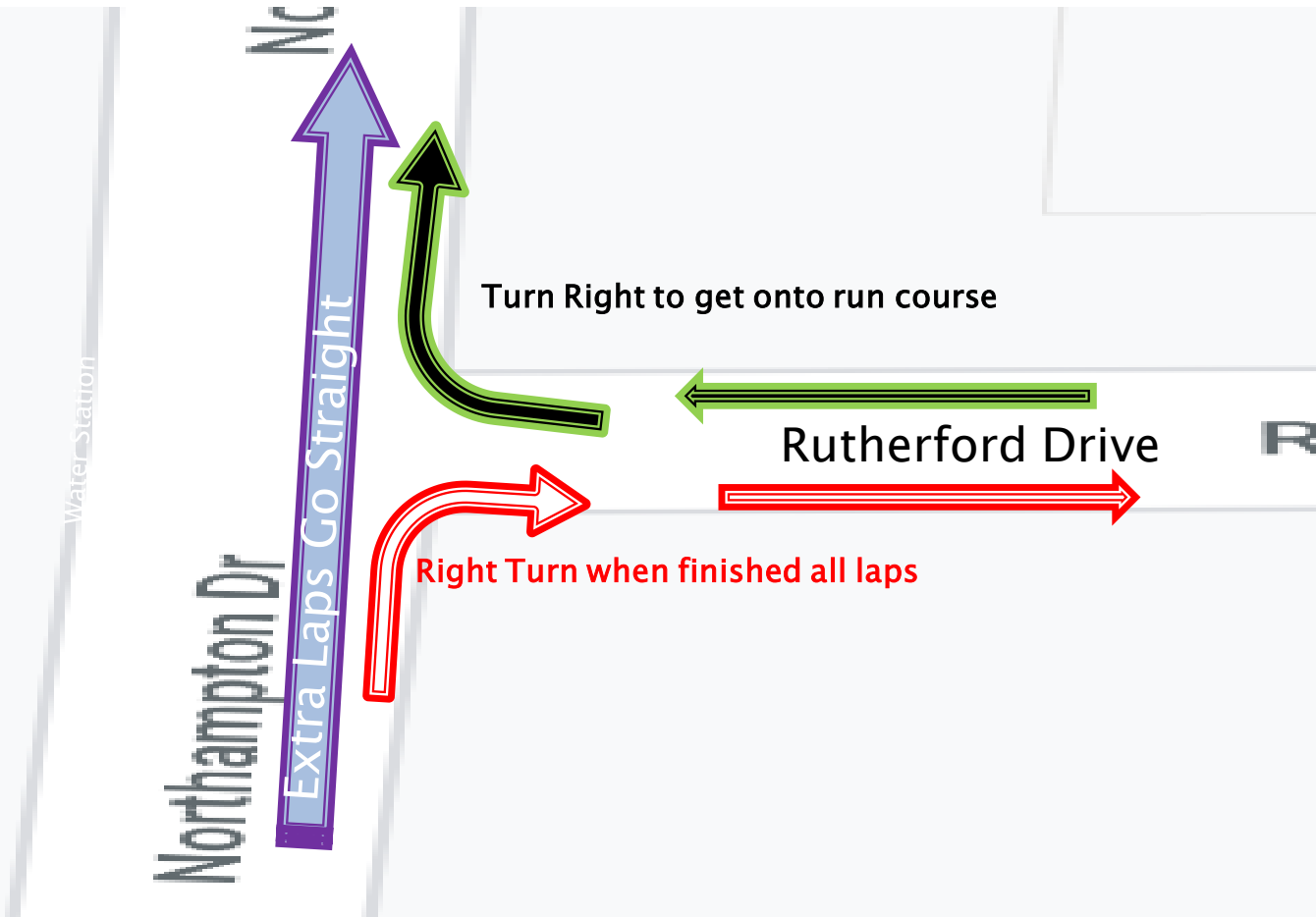


Run Course Turn Aroun

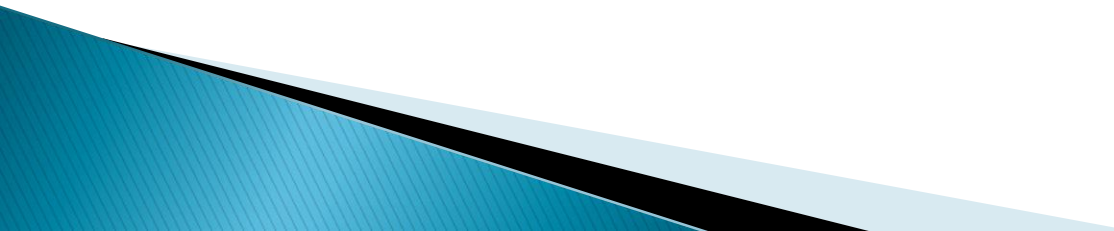
- ▶ Only Athletes running 1km (or 1 loop) turn around at the 1km Turn Around Sign.
- ▶ All other athletes (11-19yr & Relay) will turn around at the 2km/3km Turnaround Sign for all their laps.



Run Course Extra Laps



Rutherford Drive

- ▶ Bikers only ride on Rutherford when leaving/returning to transition.
 - ▶ Runners only run on Rutherford when leaving transition and finishing the run course.
 - ▶ ALL MULTIPLE LAPS on the bike stay on the Alderman Drive.
 - ▶ ALL EXTRA LAPS on the run course stay on Northampton Drive.
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Thank You for Participating!

If you have any questions, please check out the race website, www.E3endure.com, under “Events.”

Please feel free to contact us at
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