

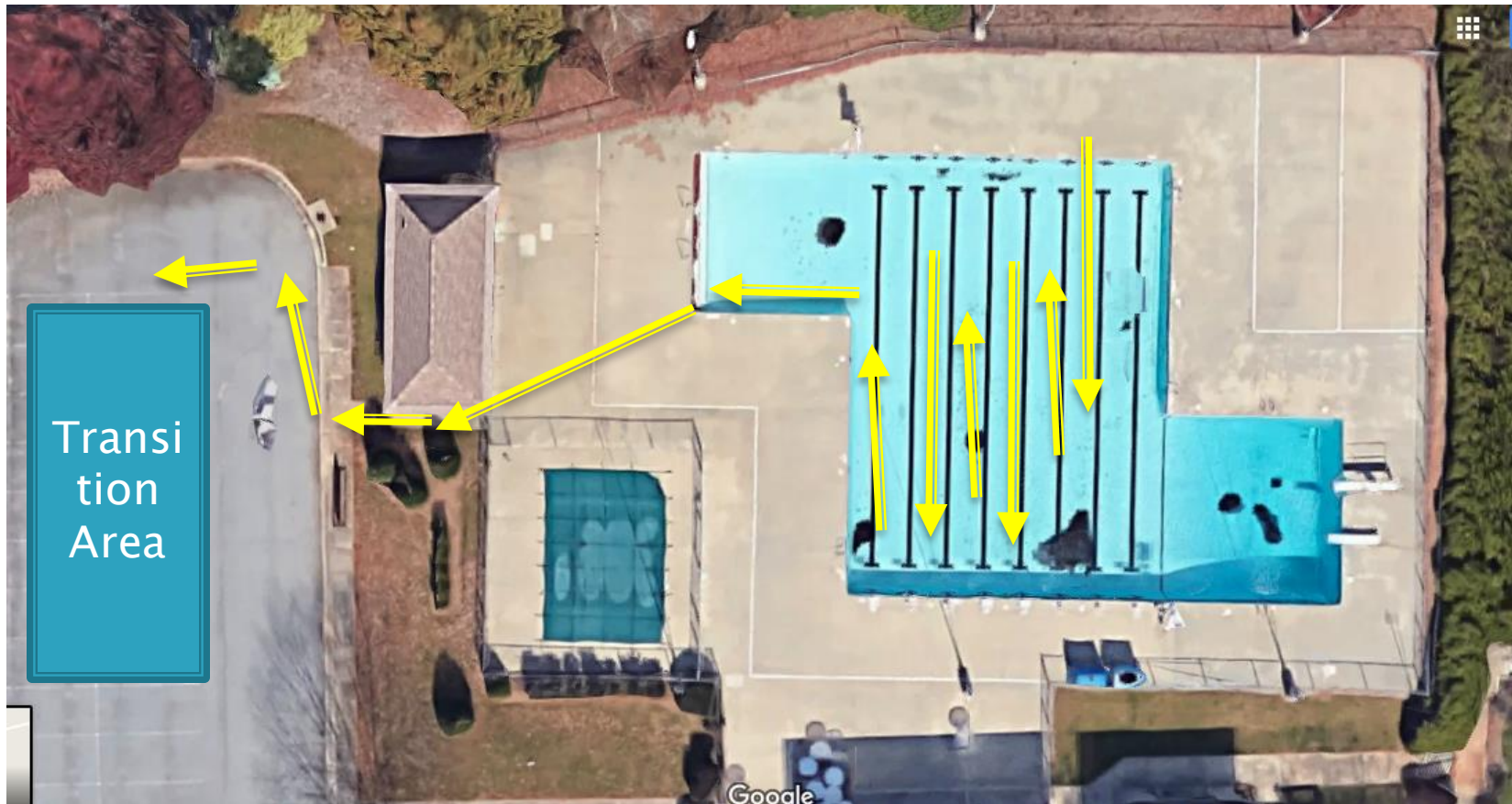
E3 Endurance Junior 7.03 Triathlon Series – Race #2

CARDINAL SWIM & TENNIS CLUB
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

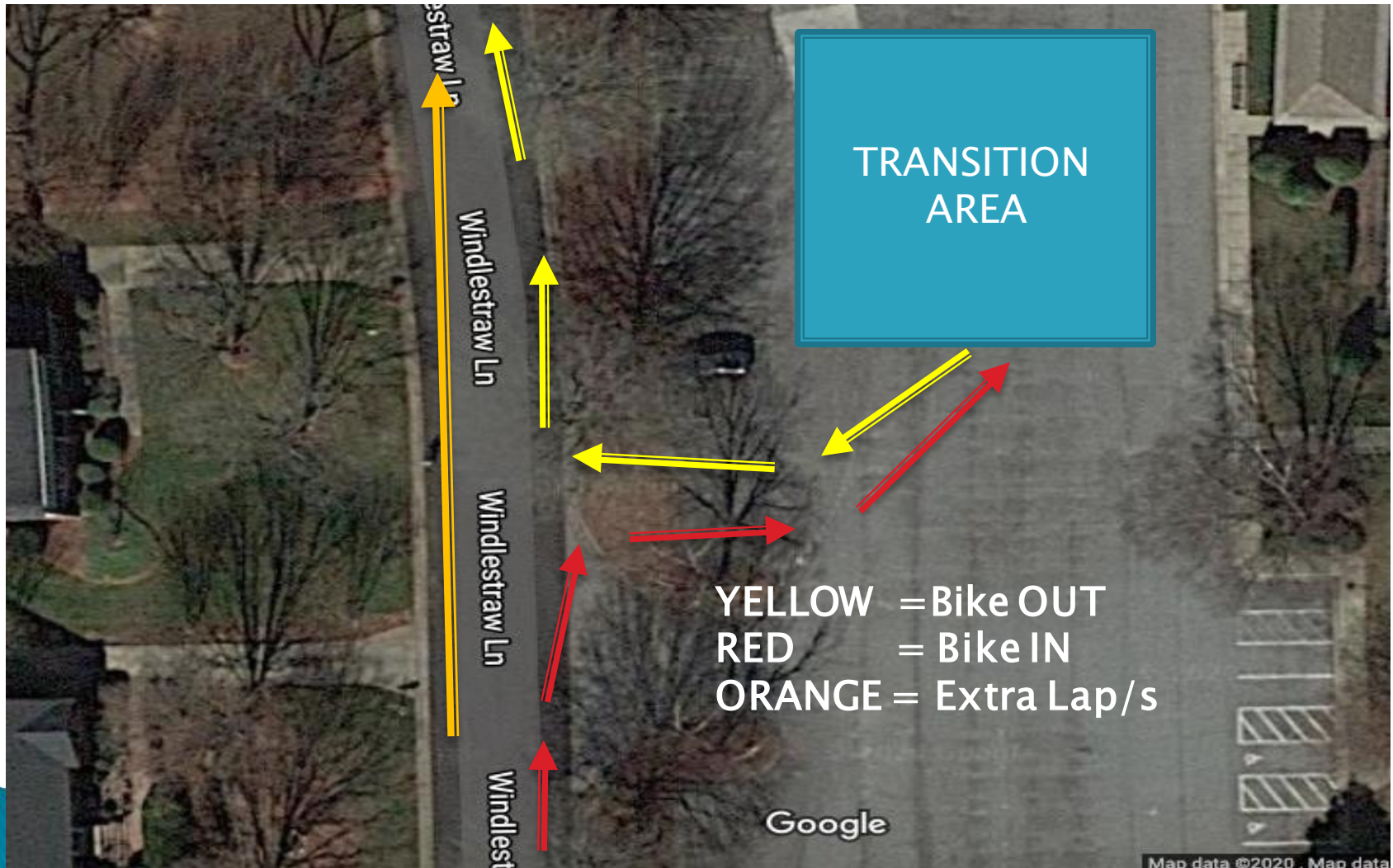


Bike Course

- ▶ Bike Loop is a Clockwise Loop of 1.65 miles.
- ▶ Athletes will leave transition through the parking lot and turn right onto Windlestraw Lane.
- ▶ Distances/Loops:
 - 13–19yr & Relay: 4.95miles/3 Loops
 - 11–12yr: 3.30miles/2 Loops
 - 9–10yr: 3.30miles/2 Loops
 - 7–8yr: 1.65miles/1 Loop
 - 5–6yr: 1.65miles/1 Loop

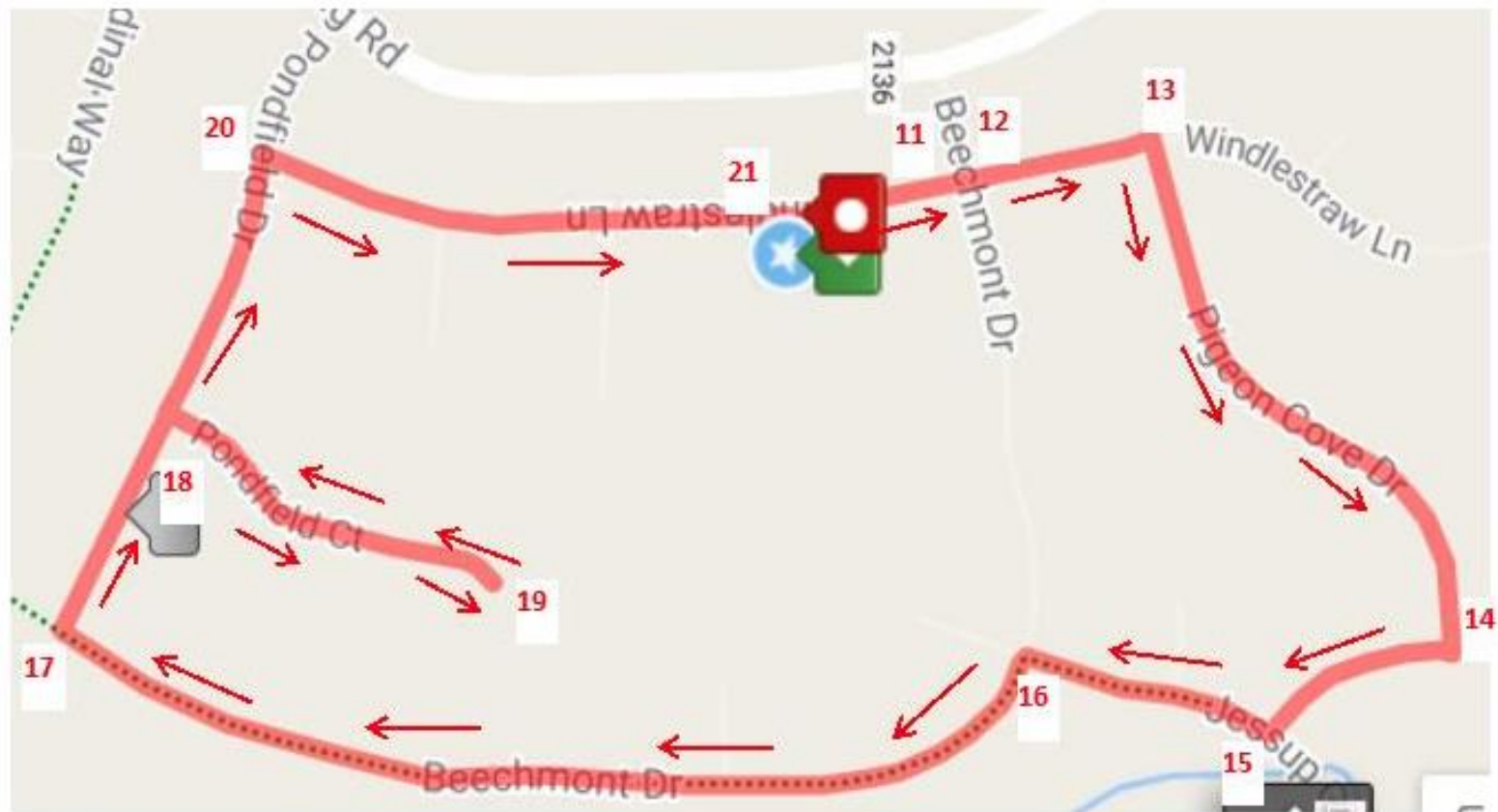
*All athletes are responsible for cycling their correct distance. If an athlete does not complete the correct distance for their age group, they will be disqualified.

Bike Transition In/Out



Bike Course Overview (1.62mi)

Bike Course

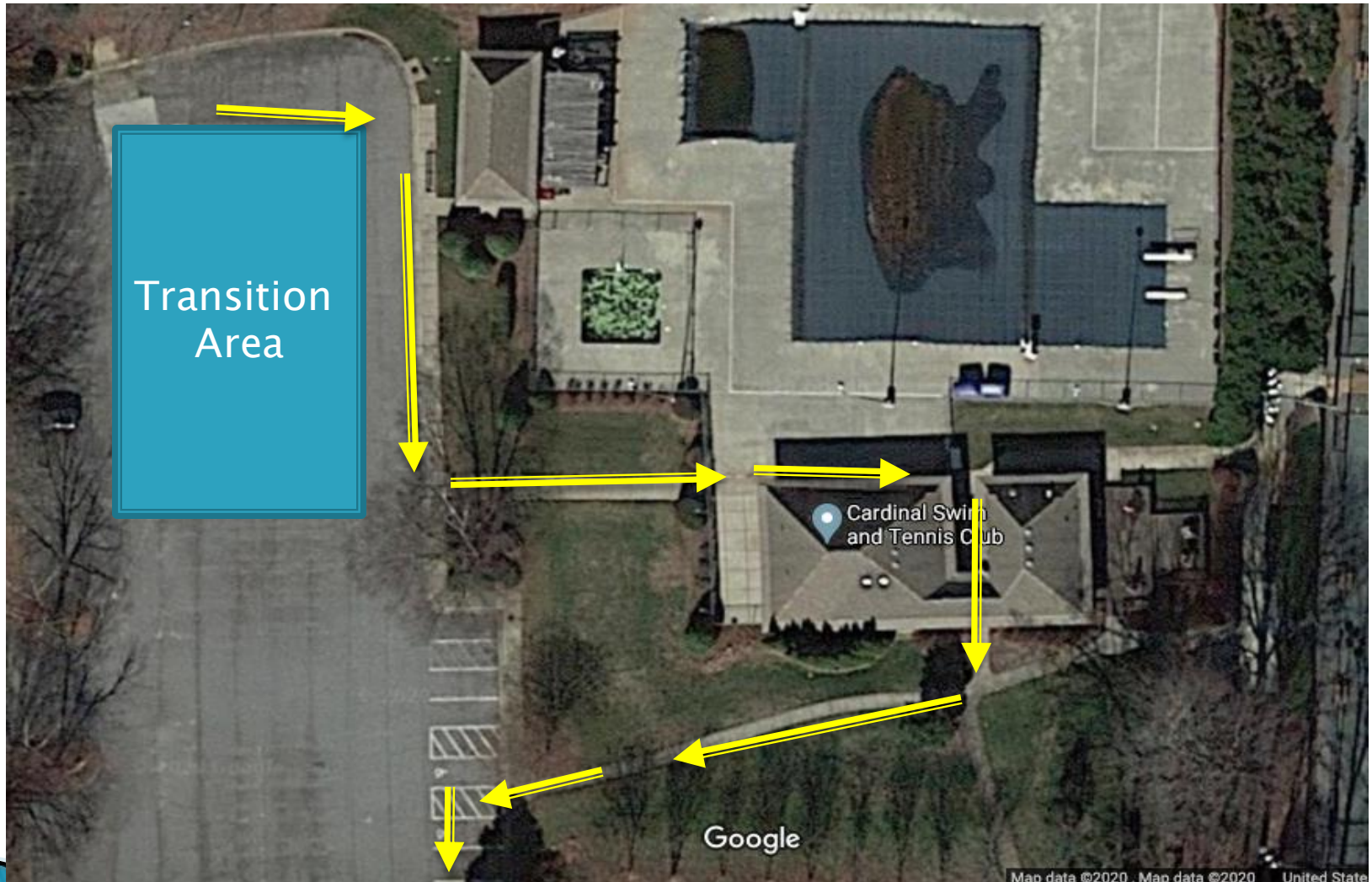


Run Course

- ▶ Run course is an "out n back" 1 km Loop.
- ▶ Athletes that are running more than 1 km, will run multiple "out n backs."
- ▶ 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

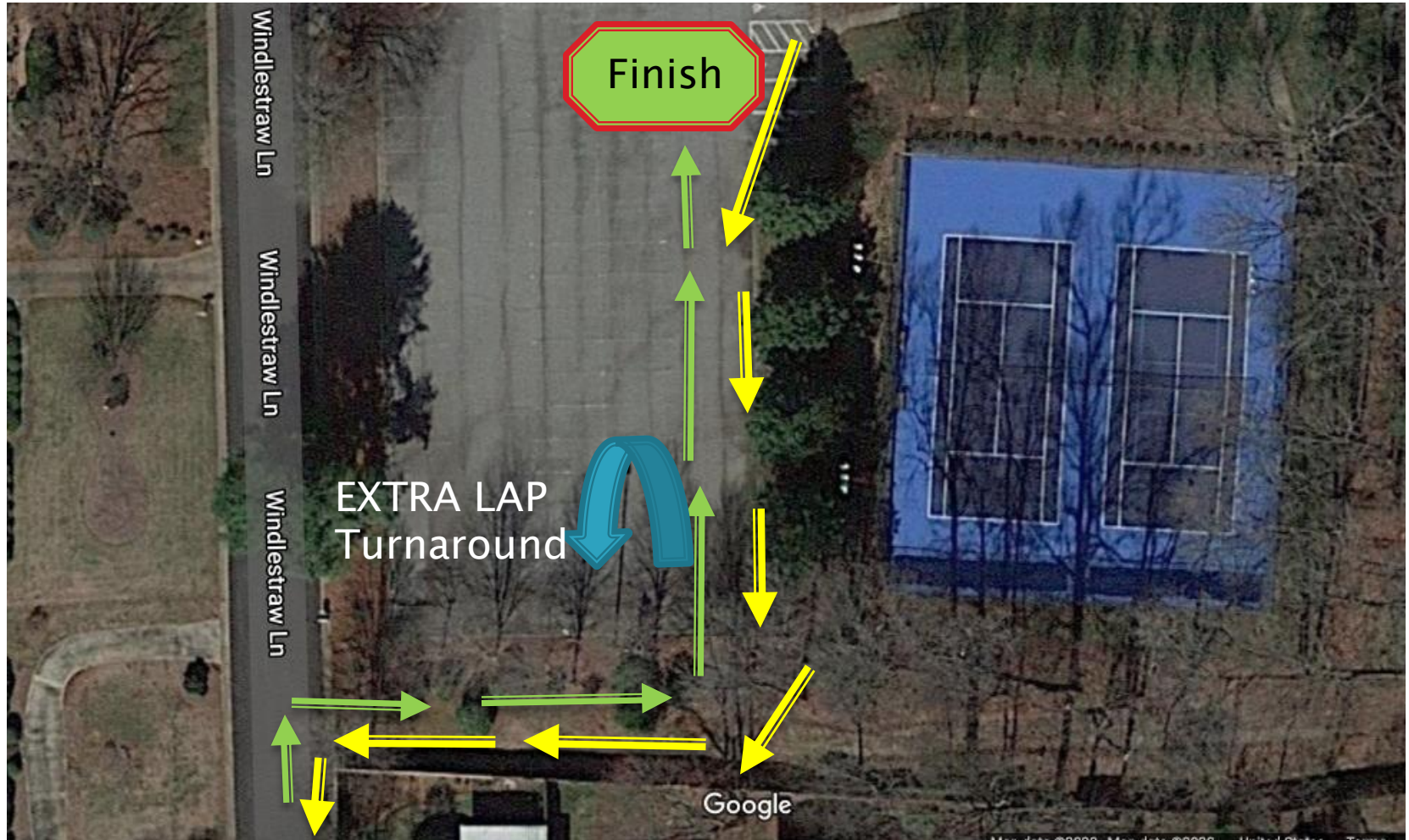


Run Course Overview

Run Course



Run Course Extra Laps/Finish



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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