

TRANSITION



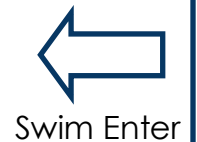
Bike Mount/Dismount

Racks assigned by
race number

8 bikes per rack

Team Box

551 - 574	A	AA	TEAMS
575 - 598	B	BB	TEAMS
599 - 622	C	CC	623 - 646
401 - 424	D	DD	425 - 448
449 - 472	E	EE	473 - 496
1 - 24	F	FF	25 - 48
49 - 72	G	GG	151 - 174
175 - 198	H	HH	199 - 222
223 - 246	I	II	247 - 270
271 - 294	J	JJ	295 - 318
319 - 342	K	KK	343 - 366
367 - 390	L	LL	701 - 724
725 - 748	M	MM	749 - 772



Swim Enter



Run Enter/Exit

Super Sprint Tri	1 - 72
Short Tri	151 - 390
Duathlon	701 - 772
Long Tri	401 - 496
Olympic Tri	551 - 646

****All TEAMS will rack together on
AA & BB**

*Diagram not to scale

COURSE MAPS

All course maps can be found on JCPRD.com

SWIM COURSES



All swim courses will begin on the beach.
Buoys will always be on your right side.

COURSE MAPS

All course maps can be found on JCPRD.com

SWIM WARM UP



Warm up area is on the north side of the boat dock. Athletes MUST stay to the north (left) of the beach when swimming over. Do NOT swim to the south side (right) of the beach.

COURSE MAPS

All course maps can be found on JCPRD.com



All bike courses will begin on the northeast side of transition and will ride counter-clockwise around the park.

Slower cyclists must stay right. You will pass on the left.

NEW: There will be ONE water station on the south side of the course. There will not be cups, you'll need to stop and fill your water bottle.

COURSE MAPS

All course maps can be found on JCPRD.com



Duathletes will run their first 5K counter-clockwise.
Duathletes will run their second 5K in reverse (clockwise).

HEAT SHEET

6:30AM	OLY WAVE START	MALE	GREEN
6:35AM	OLY WAVE START	FEMALE	PINK
6:50AM	LC WAVE START	MALE	LIGHT BLUE
6:53AM	LC WAVE START	FEMALE	VIOLET
6:55AM	LC TIME TRIAL START	MALE	ORANGE
7:00AM	LC TIME TRIAL START	FEMALE	SILVER
7:25AM	SC WAVE START	MALE	BLUE
7:30AM	SC WAVE START	FEMALE	YELLOW
7:33AM	SC TIME TRIAL START	MALE	GREEN
7:35AM	SC TIME TRIAL START	FEMALE	PINK
7:50AM	SUPER SPRINT TIME TRIAL	MALE	PURPLE
7:55AM	SUPER SPRINT TIME TRIAL	FEMALE	PURPLE

Relays will start in their chosen heats (wave or time trial) along with the individual triathletes.

Time trial format will have swimmers entering the water one at a time, every three seconds.

Time trial swimmers line up based on 100 meter pace time.

Your time starts when you cross the timing mat just before you enter the water.

DUATHLON

All duathletes will start on the main park road north of transition at the start flags

Start time: 6:30AM