

12-14 Year Olds  
(distances are approximate)

Swim 90 yards

Bike 3.4 miles

Run 1.5 miles

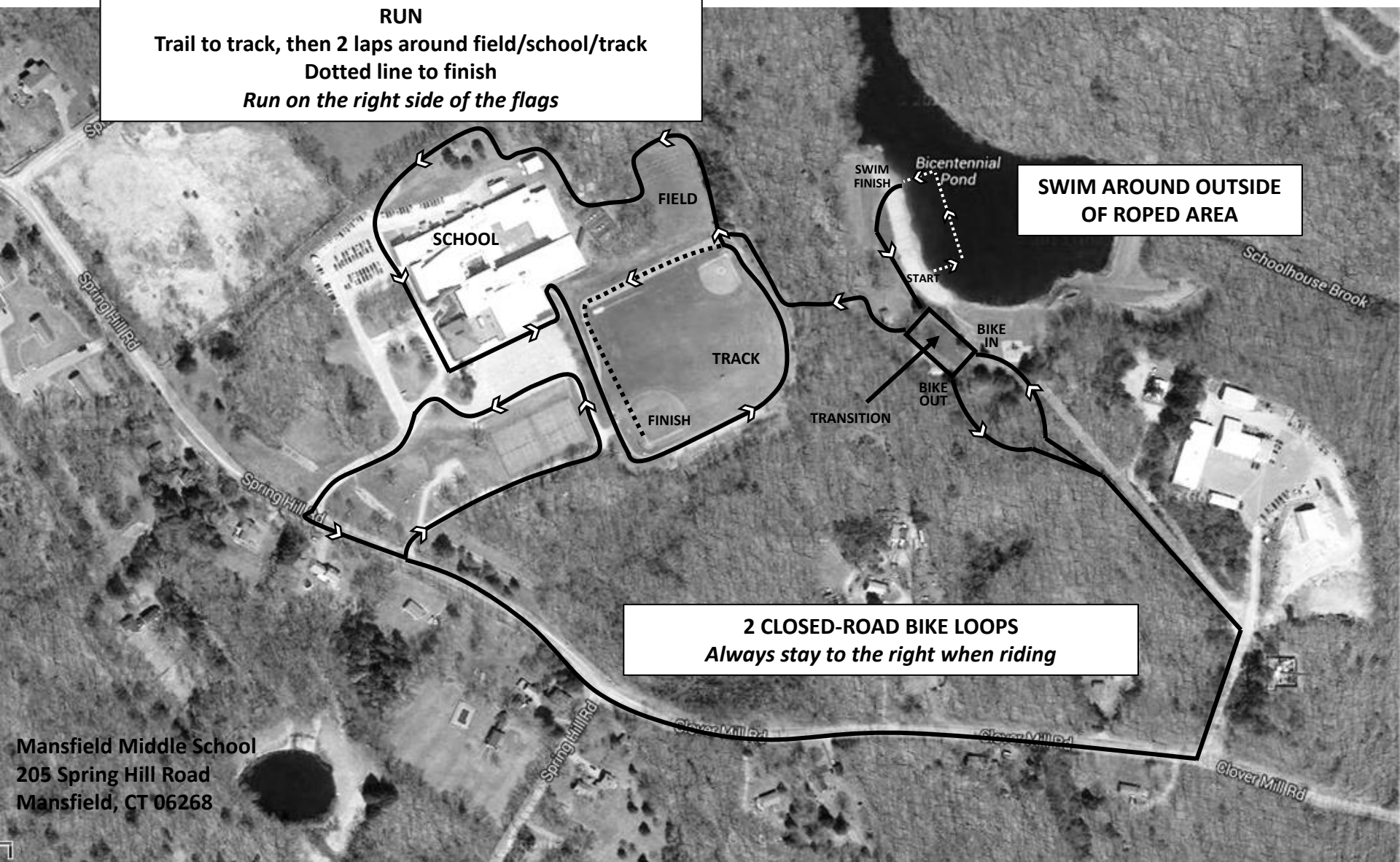
# COURSE MAP

Updated August 2014

**RUN**  
Trail to track, then 2 laps around field/school/track  
Dotted line to finish  
*Run on the right side of the flags*

**SWIM AROUND OUTSIDE OF ROPED AREA**

**2 CLOSED-ROAD BIKE LOOPS**  
*Always stay to the right when riding*



Mansfield Middle School  
205 Spring Hill Road  
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