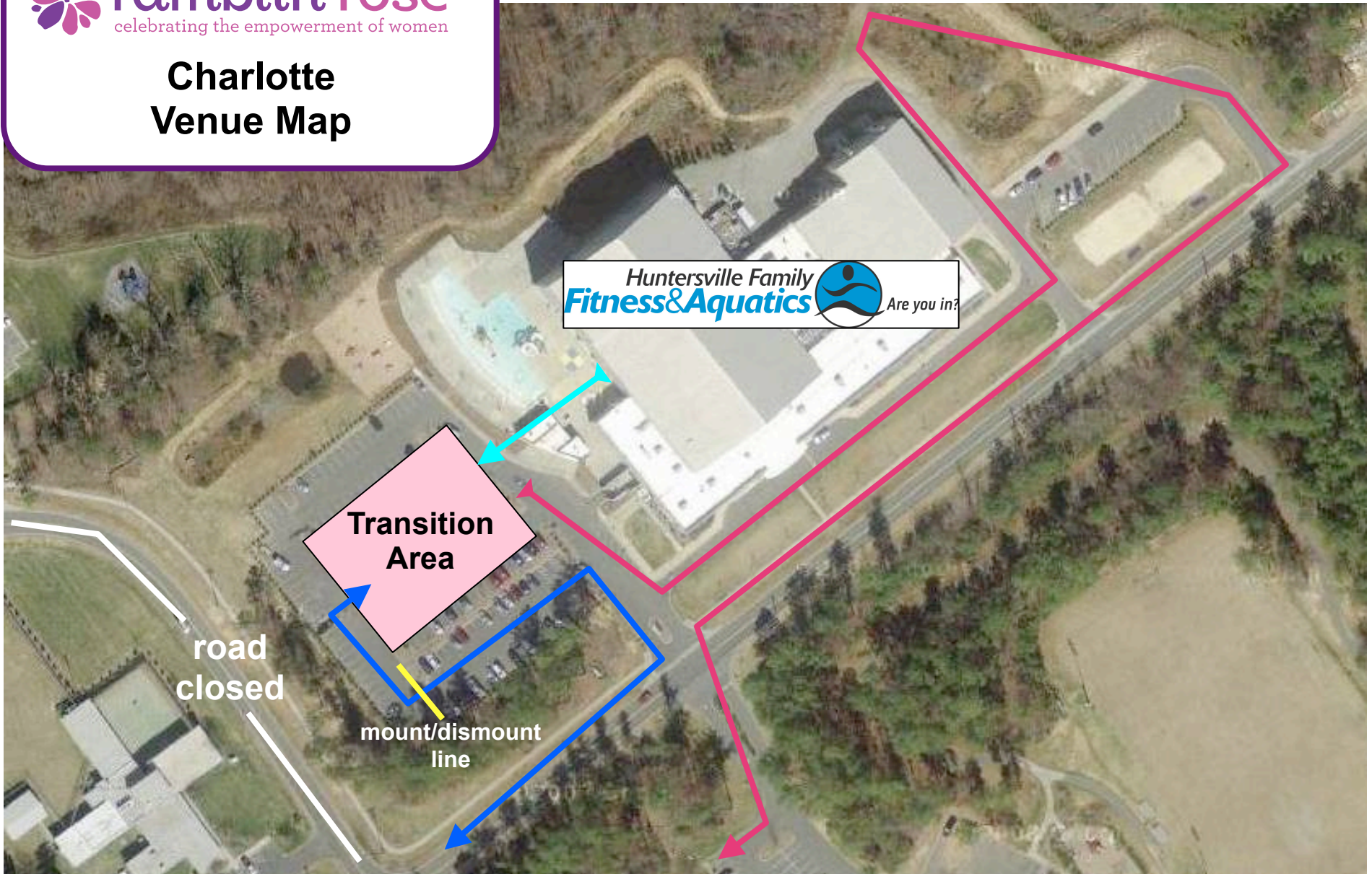




# Charlotte Venue Map



— SWIM in — BIKE out/in — RUN out



# Charlotte Swim Map

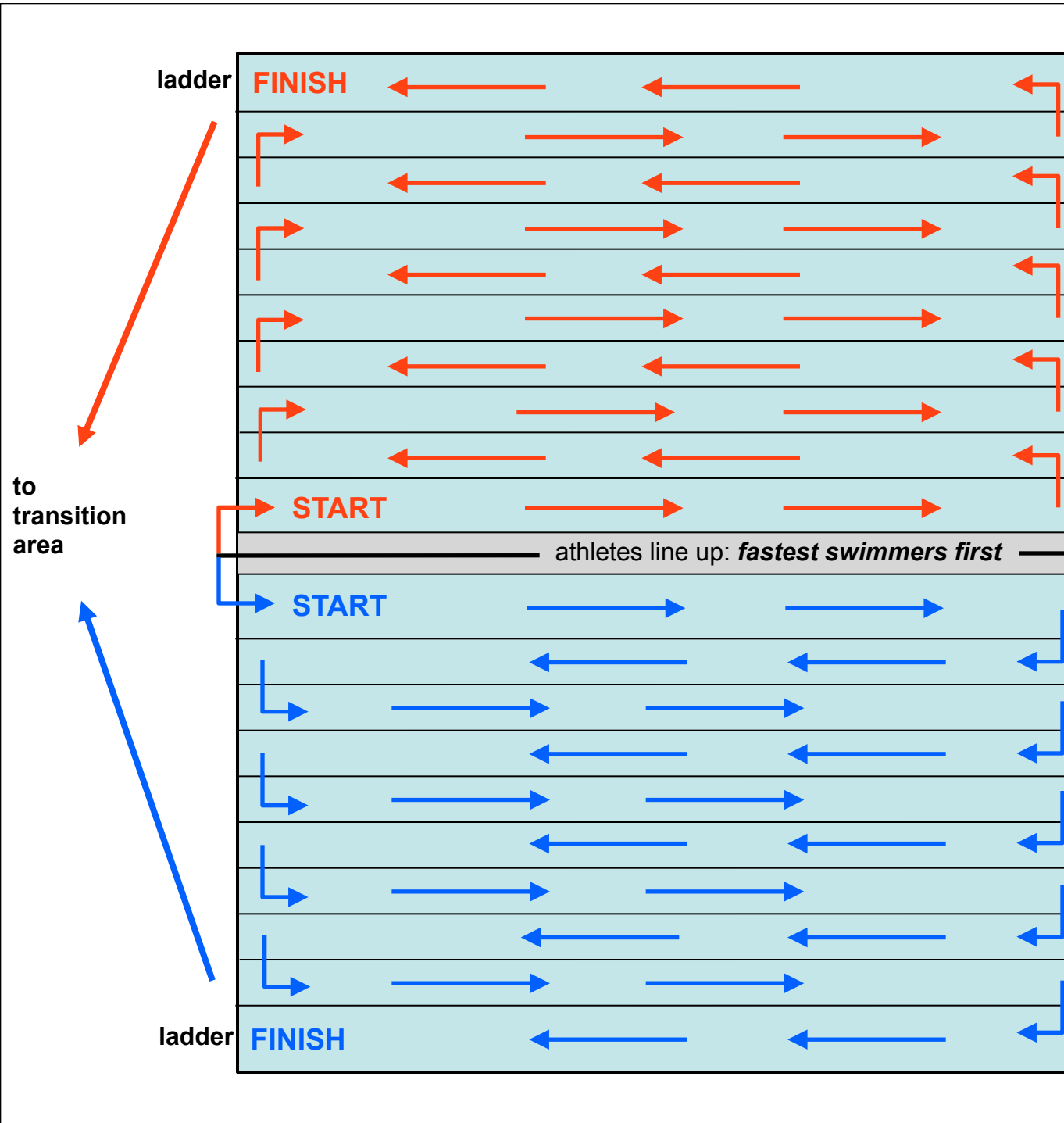
## 250 yards

### /// About the Swim

Swimmers will be called onto the pool deck through a dedicated "athletes only" door. Once on the pool deck, athletes will line up single file on the bulkhead dividing the pool in order of their swim ability, starting with 10, 9, 8, ...3, 2, 1. They will enter one side of the pool one at a time every 10-15 seconds. Each person will swim 10 lengths of the pool (each length is 25 yards).

The pool will be open for warm-ups from 7:15-7:45 AM.

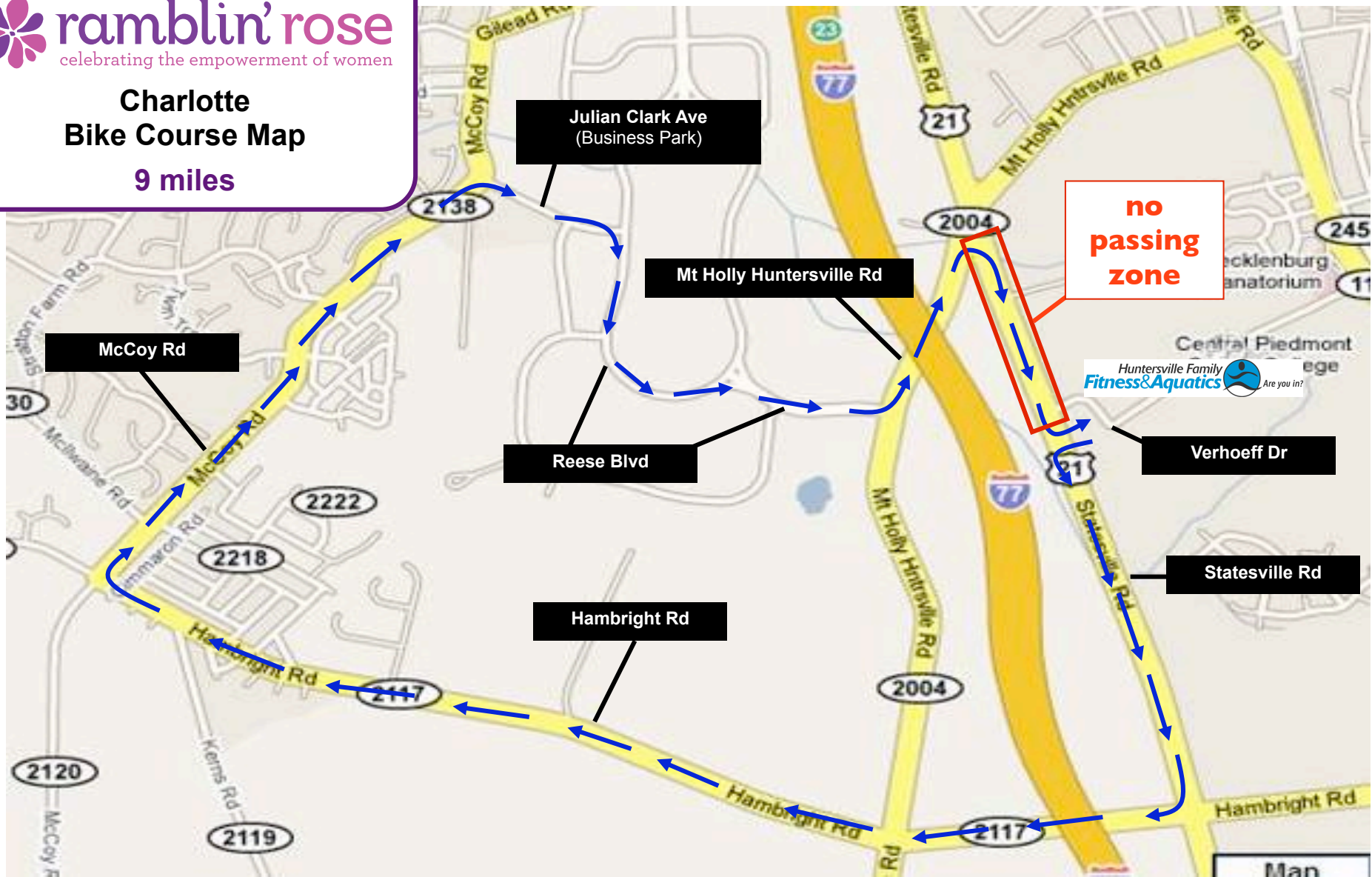
↑  
**POOL ENTRANCE**





# Charlotte Bike Course Map

9 miles



**THE SPIRITED CYCLIST**  
BIKE SHOP

## Official Bike Course Sponsor

pre-race wrenching ♦ bike course safety patrol ♦ on-course technical support

Huntersville

[www.SpiritedCyclist.com](http://www.SpiritedCyclist.com)

Mooresville

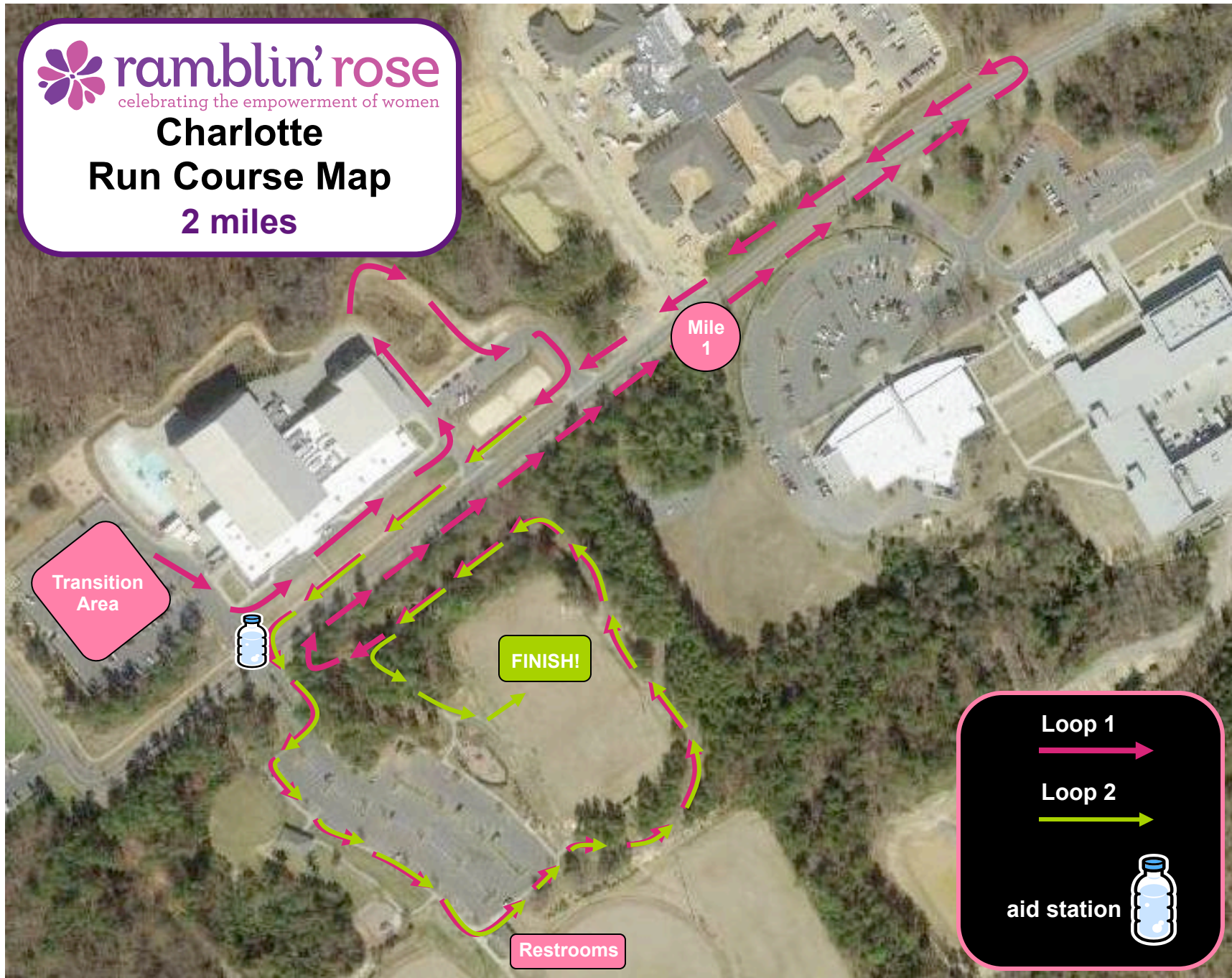


**THE SPIRITED CYCLIST**  
BIKE SHOP



**ramblin' rose**  
celebrating the empowerment of women

# Charlotte Run Course Map 2 miles



Mile 1

Transition Area

FINISH!

Restrooms

Loop 1  
→

Loop 2  
→

aid station 