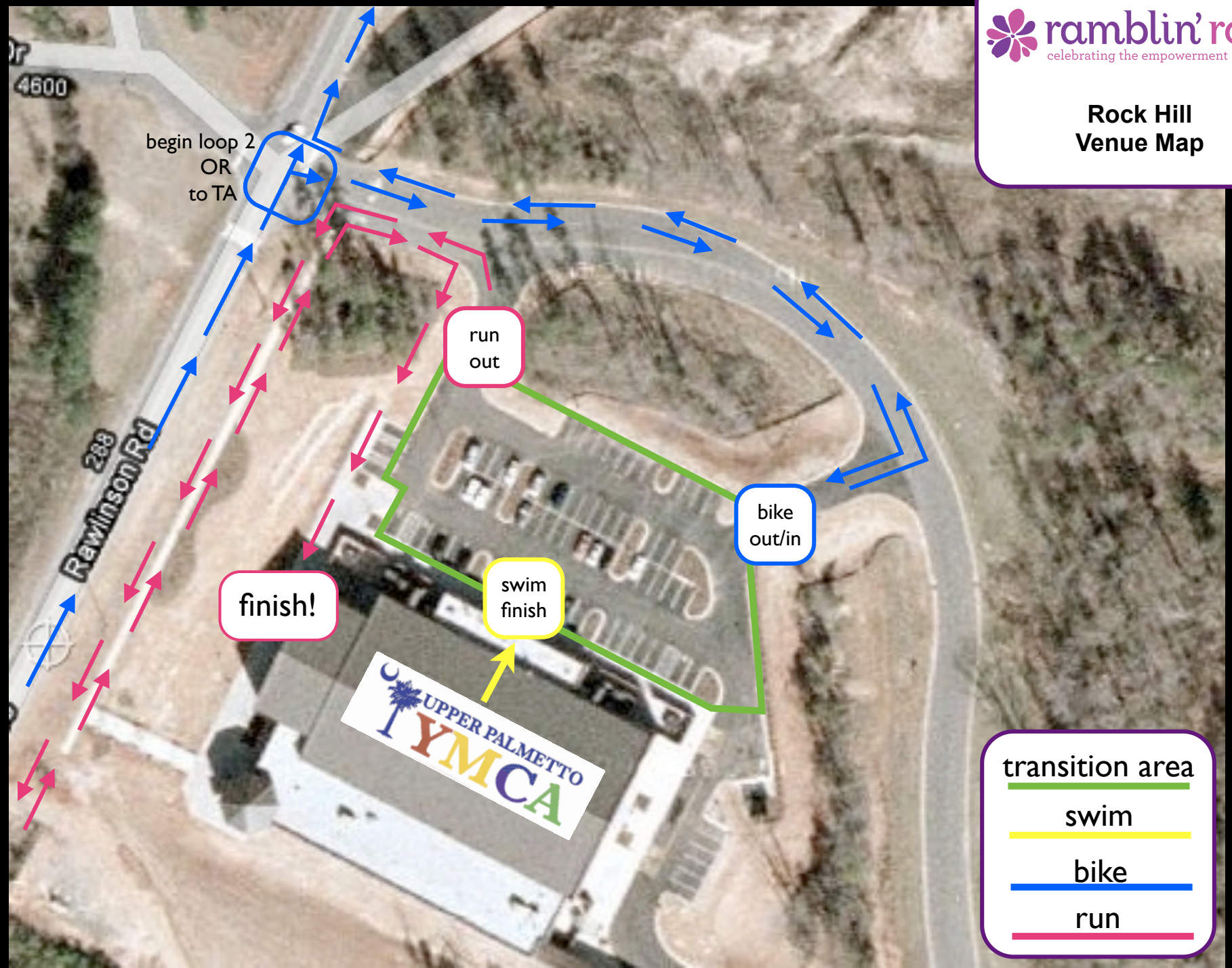

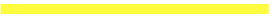




**Rock Hill
Venue Map**



transition area

swim

bike

run




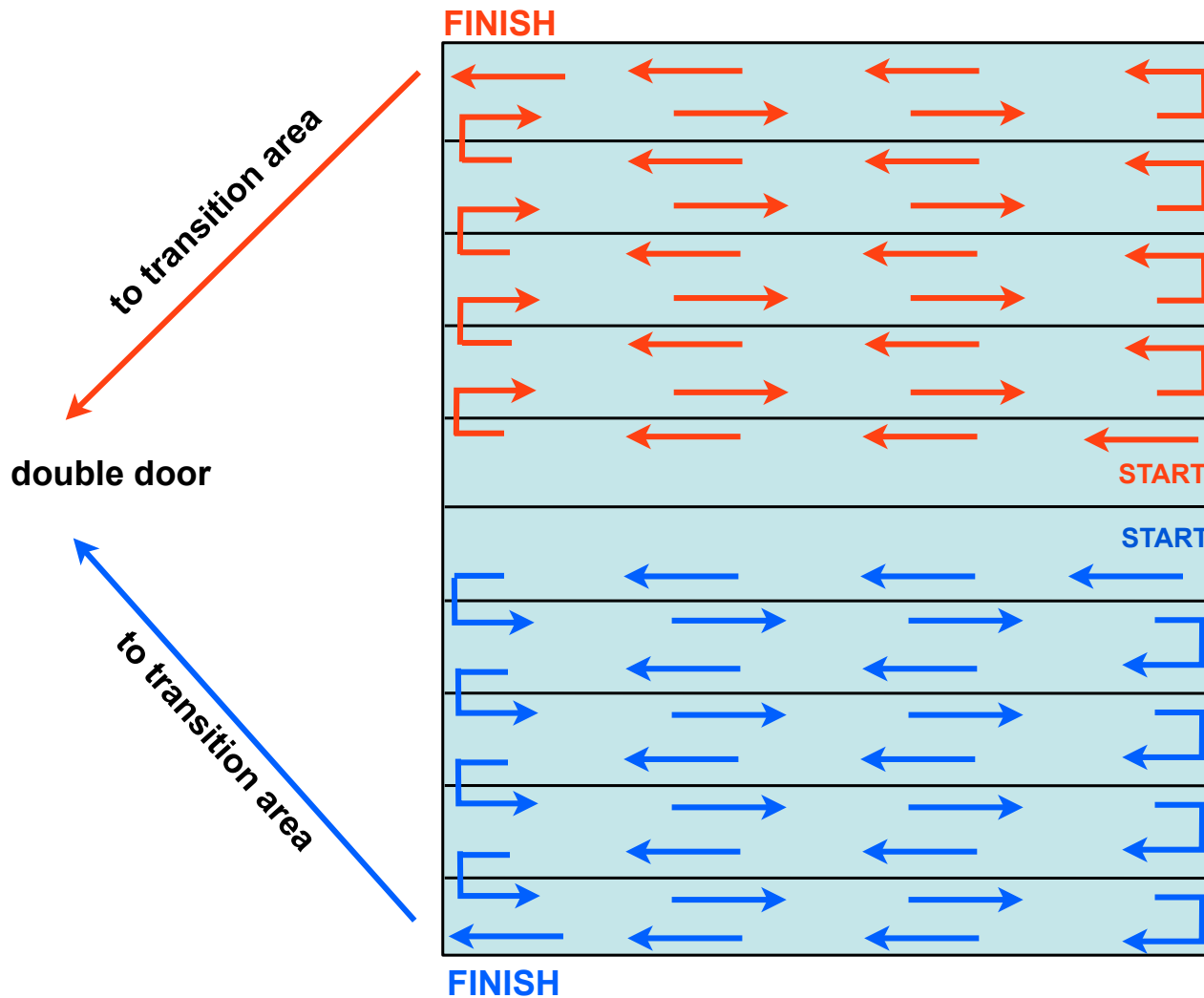
Rock Hill /// Swim Map

**NO SPECTATORS ALLOWED
ON POOL DECK**

/// About the Swim

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

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

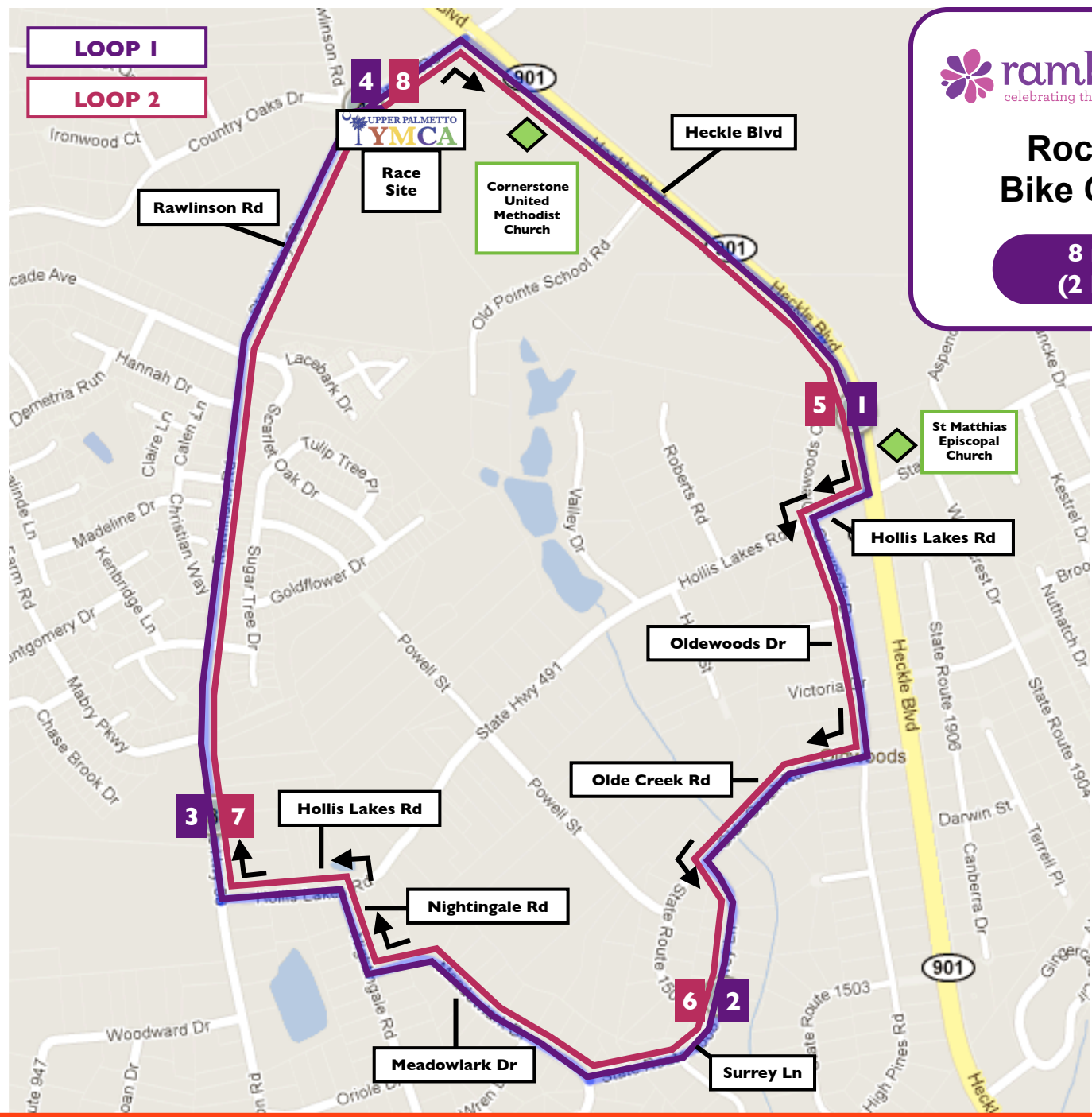


Athletes Enter Here ←



Rock Hill Bike Course

8 miles
(2 loops)



BIKESOURCE
For the Ride of Your Life

Official Bike Course Sponsor
pre-race wrenching ♦ bike course safety patrol ♦ on-course technical support

BIKESOURCE
For the Ride of Your Life



Rock Hill Run Course Map

2 miles (out & back)