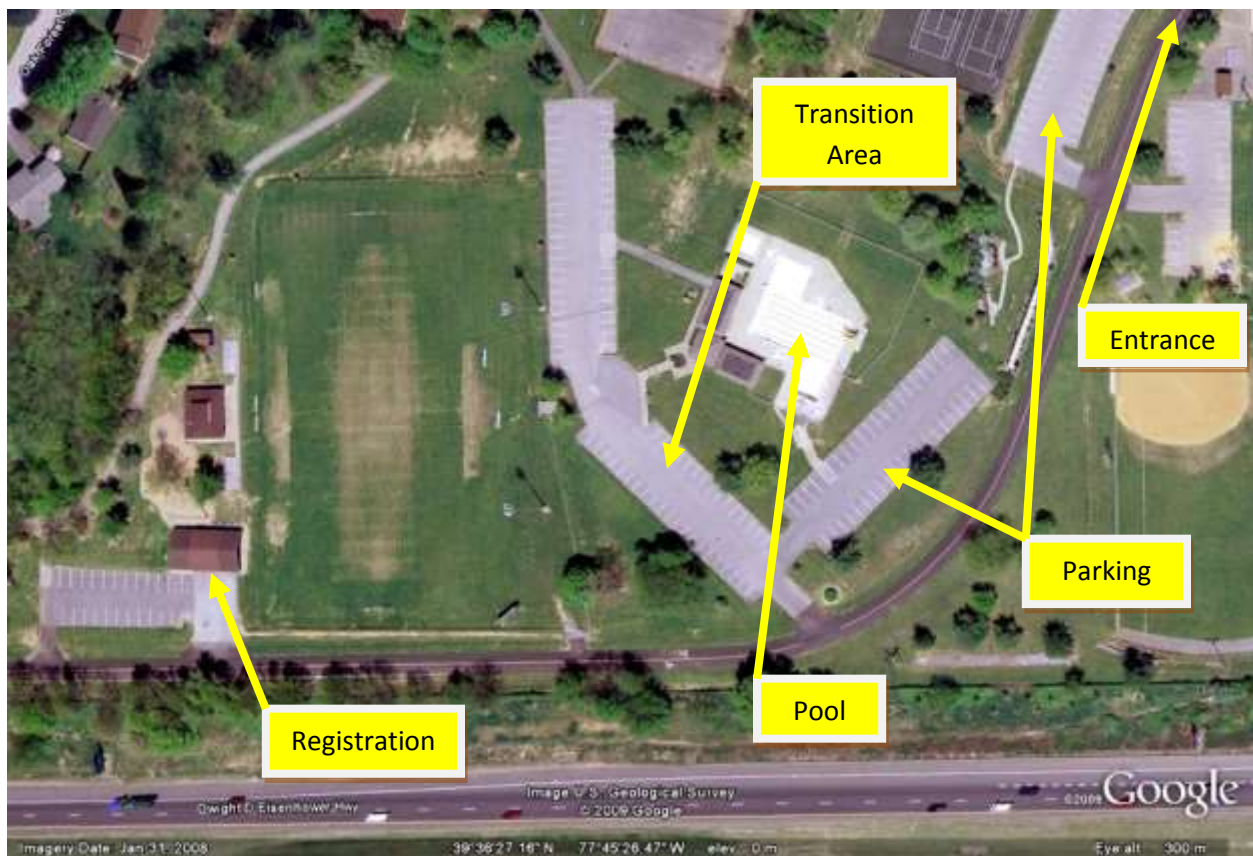


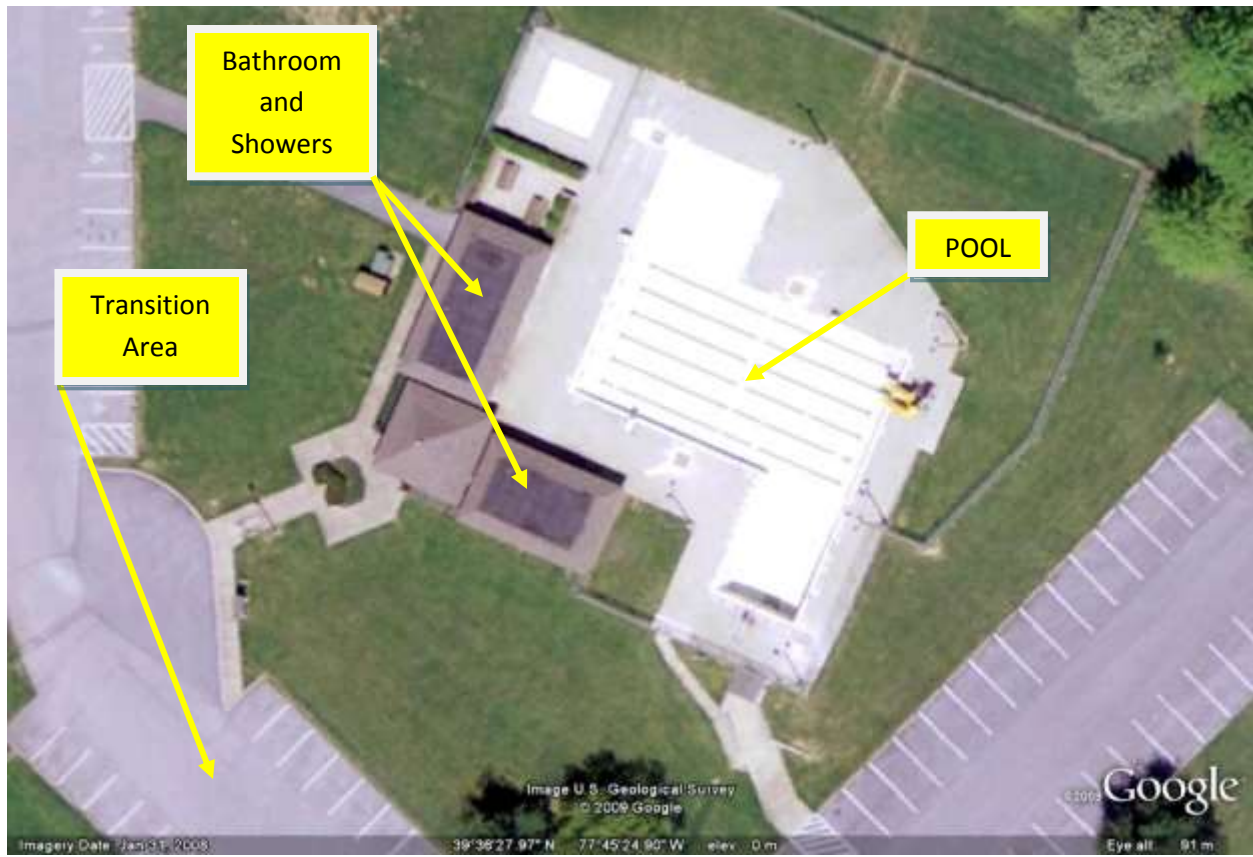


Hagerstown Youth Triathlon Race Site-Hagerstown, MD 1740



See the next four pages for details on the Swim, Bike and Run courses.

Hagerstown Youth Triathlon Swim Course-Halfway Pool (25 meters)

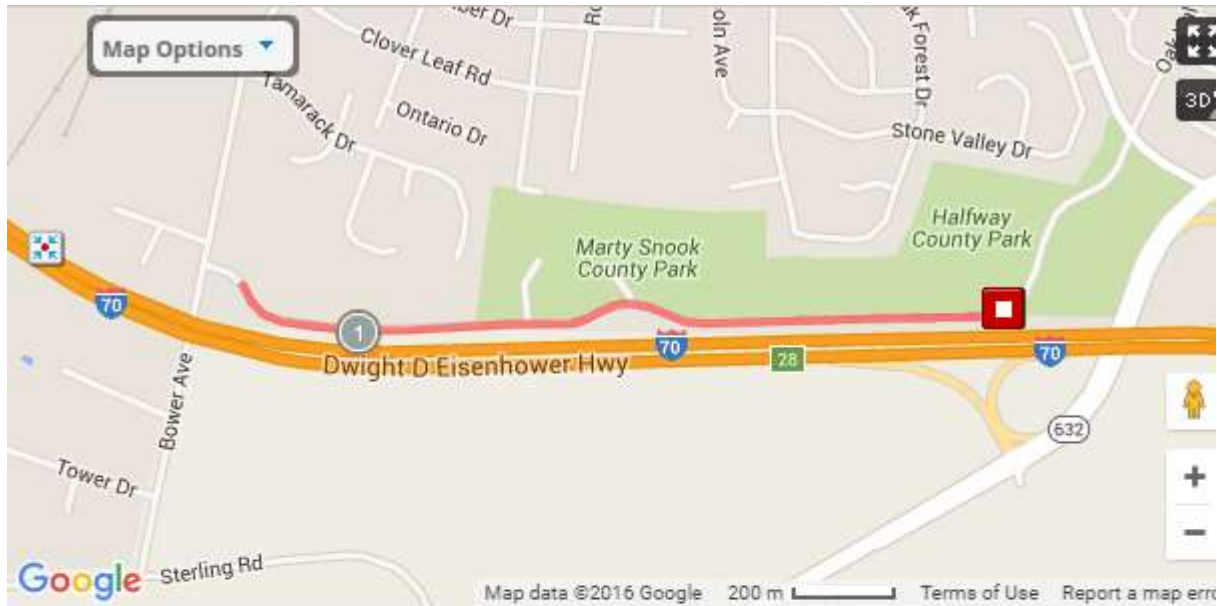


Swim Detail: Swim will be an in-water start in the pool. The pool is a friendly 4 feet deep the entire length. There are showers in the bathrooms.
Ages 8 & under swim 50 meters which is one lap (2 lengths).
Ages 9-12 swim 100 meters which is two lap (4 lengths).
Ages 13-15 swim 150 meters which is three lap (6 lengths).

Hagerstown Youth Triathlon Bike Course-approx. 1.8 miles, 48 ft of climbing per lap

Ages 10 and under do one lap, ages 11-15 do two laps. Visit this link to see interactive map.

<http://www.mapmyride.com/routes/view/1149215584>



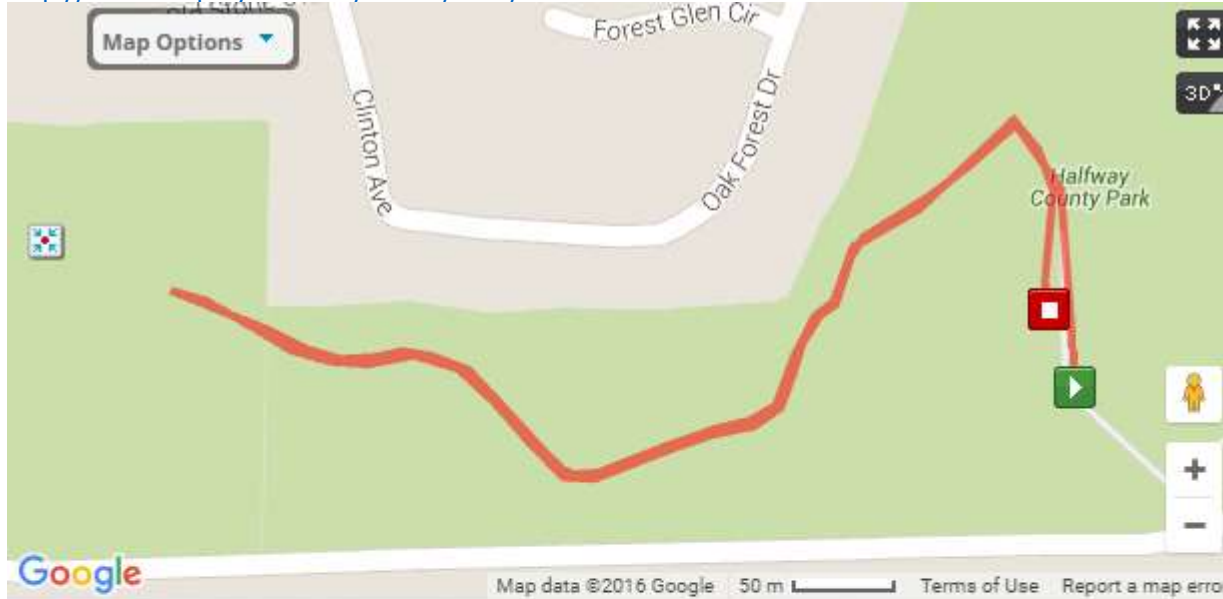
Bike Course Turn-By-Turn

R-Out of parking lot onto park road, proceed to the last parking lot on the left, u-turn and proceed back down the road to the transition area.

Hagerstown Youth Run Course- Ages 10 and under run .75 miles with elevation approx. 24 ft.

Visit this link for an interactive map.

<http://www.mapmyride.com/routes/view/1149219280>



ELEVATION (ft)



START ELEVATION 546 FT	MAX ELEVATION 573 FT	GAIN 24 FT	CLIMBS ON ROUTE
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Run Course Turn-by-Turn

Start in parking lot heading towards the path, L-at the "T" in the path, follow the path until the turn around and follow the same course back to the finish.

Hagerstown Youth Run Course- Ages 11-15 run 1.5 miles with elevation approx. 28 ft.

Visit this link for an interactive map.

<http://www.mapmyride.com/routes/view/1149223762>



Run Course Turn-by-Turn

Start in parking lot heading towards the path, L-at the “T” in the path, follow the path until the turn around and follow the same course back to the finish.