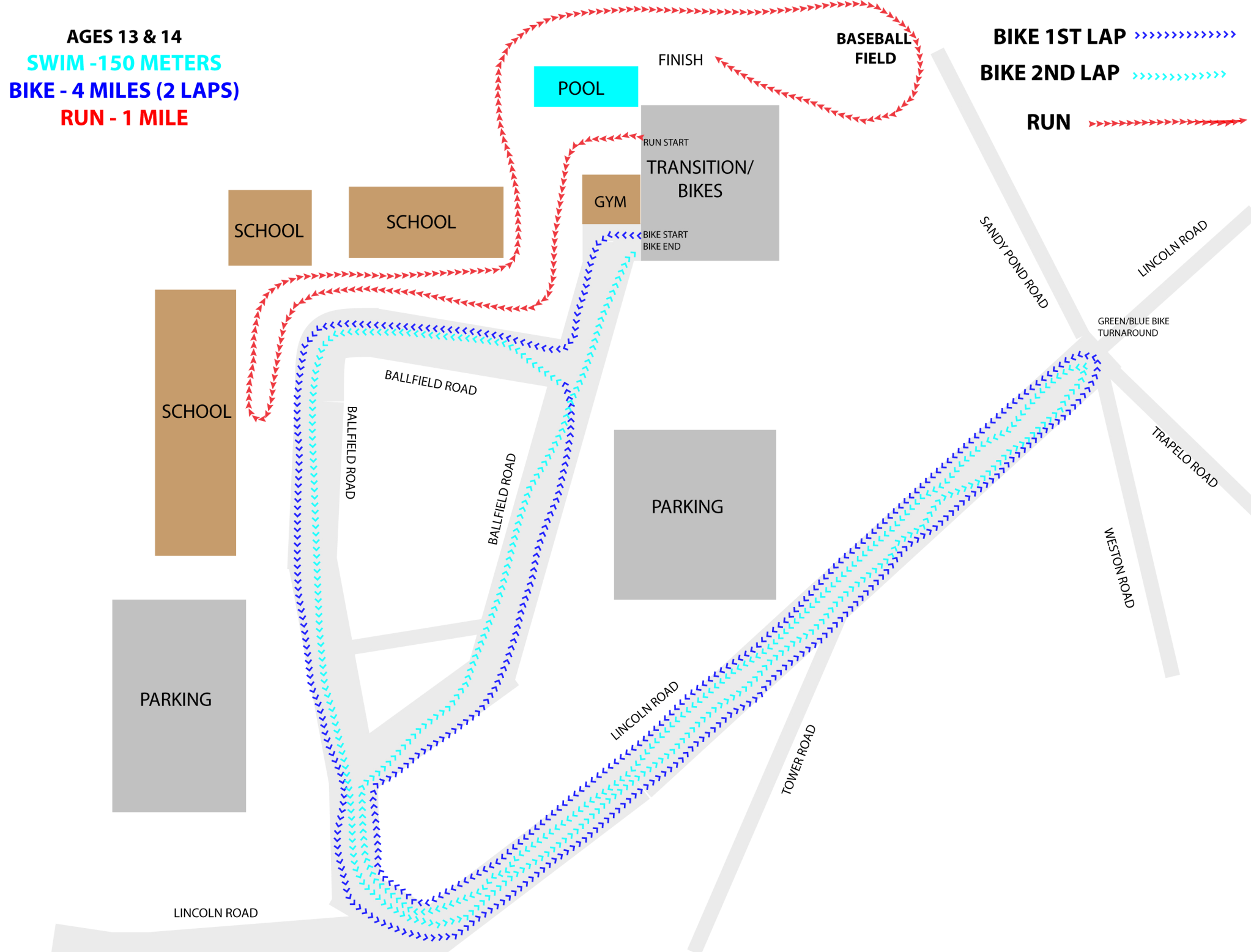
AGES 13 & 14
SWIM -150 METERS
BIKE - 4 MILES (2 LAPS)
RUN - 1 MILE
BIKE 1ST LAP
BIKE 2ND LAP
RUN
BASEBALL FIELD
FINISH
POOL
RUN START
TRANSITION/ BIKES
GYM
BIKE START
BIKE END
SCHOOL
SCHOOL
SCHOOL
SANDY POND ROAD
LINCOLN ROAD
GREEN/BLUE BIKE TURNAROUND
TRAPELO ROAD
WESTON ROAD
BALLFIELD ROAD
BALLFIELD ROAD
BALLFIELD ROAD
PARKING
PARKING
LINCOLN ROAD
TOWER ROAD
LINCOLN ROAD