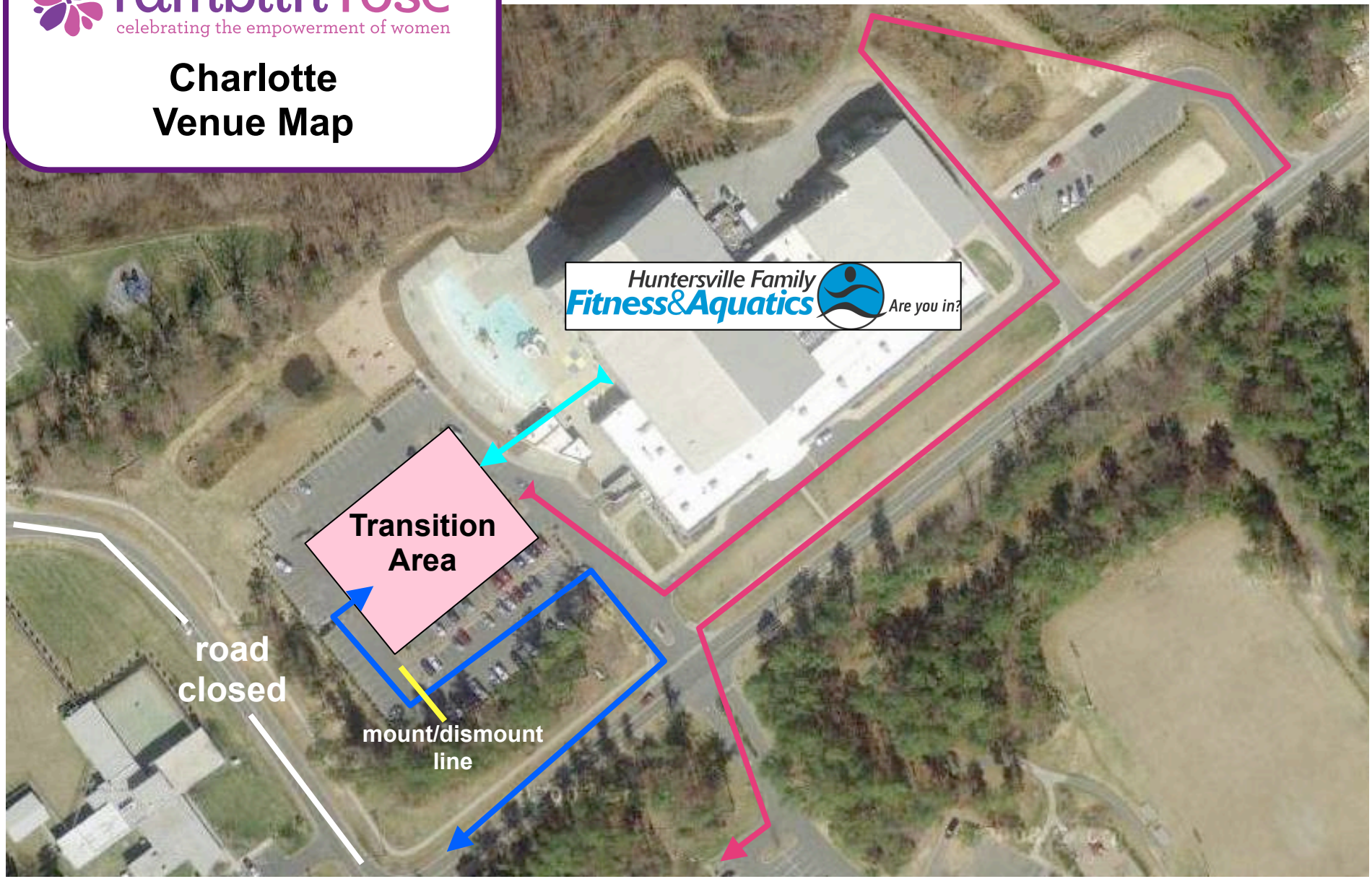
ramblin' rose
celebrating the empowerment of women

Charlotte Venue Map



SWIM in BIKE out/in RUN out

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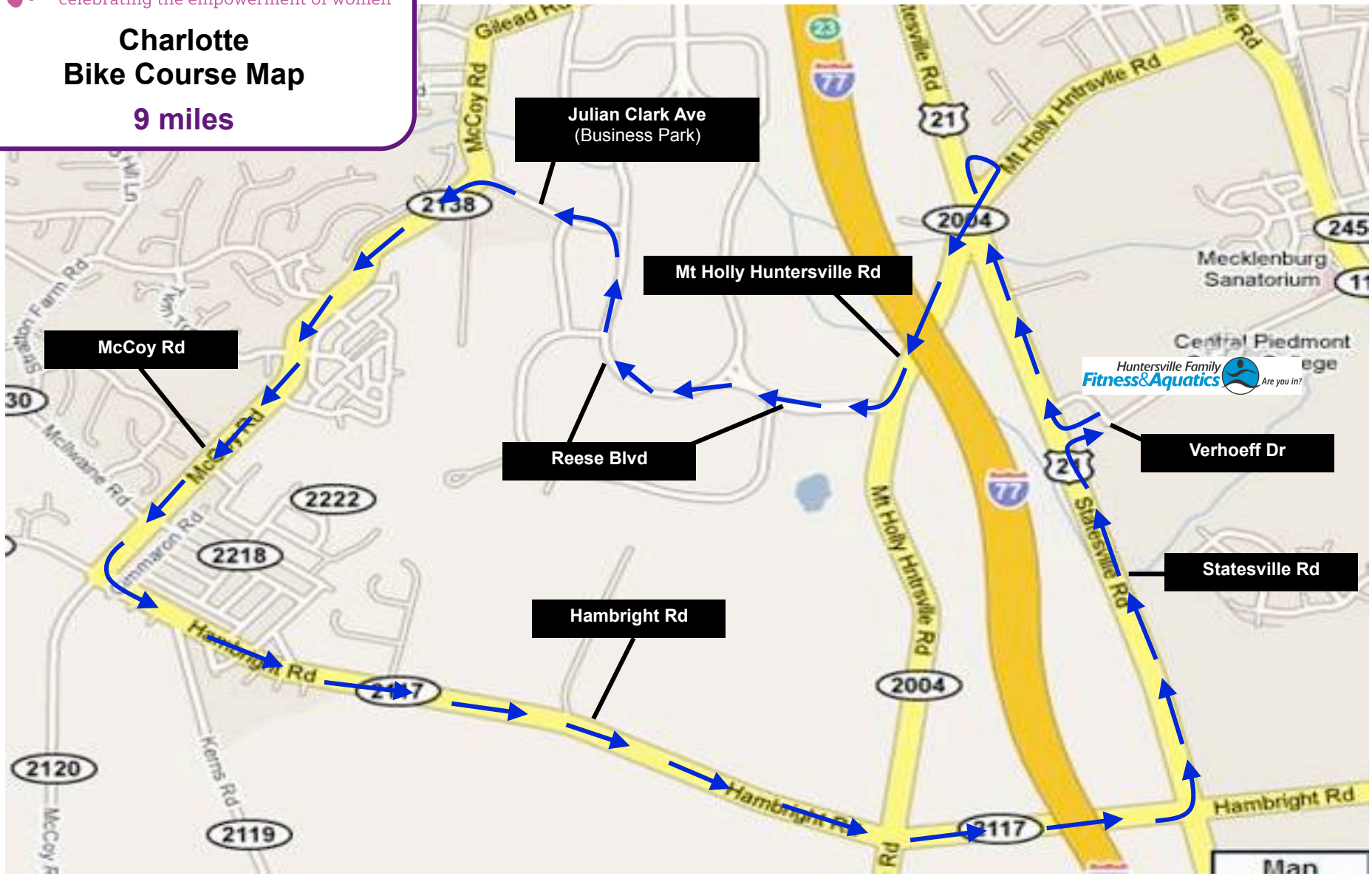
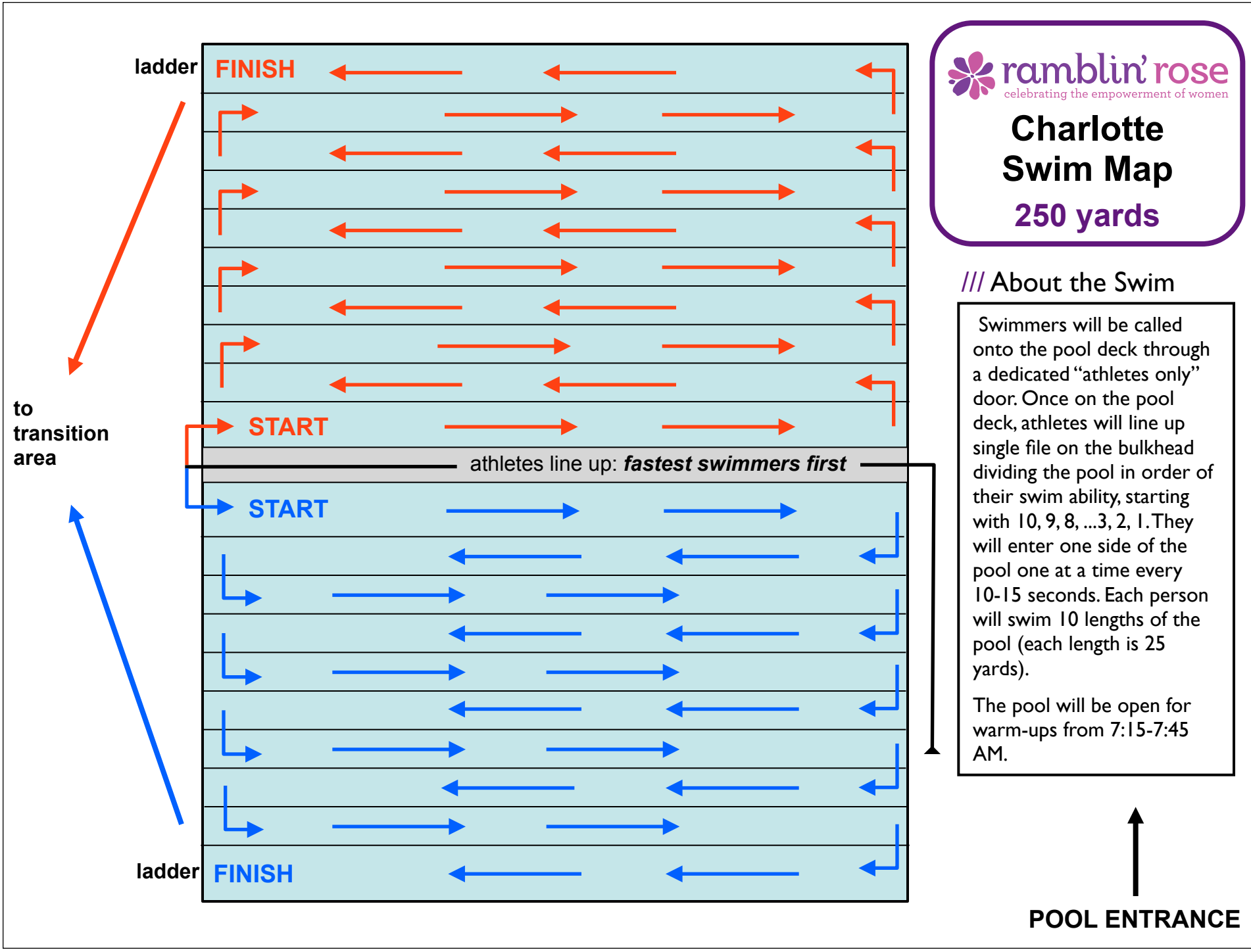
Charlotte
Bike Course Map

9 miles

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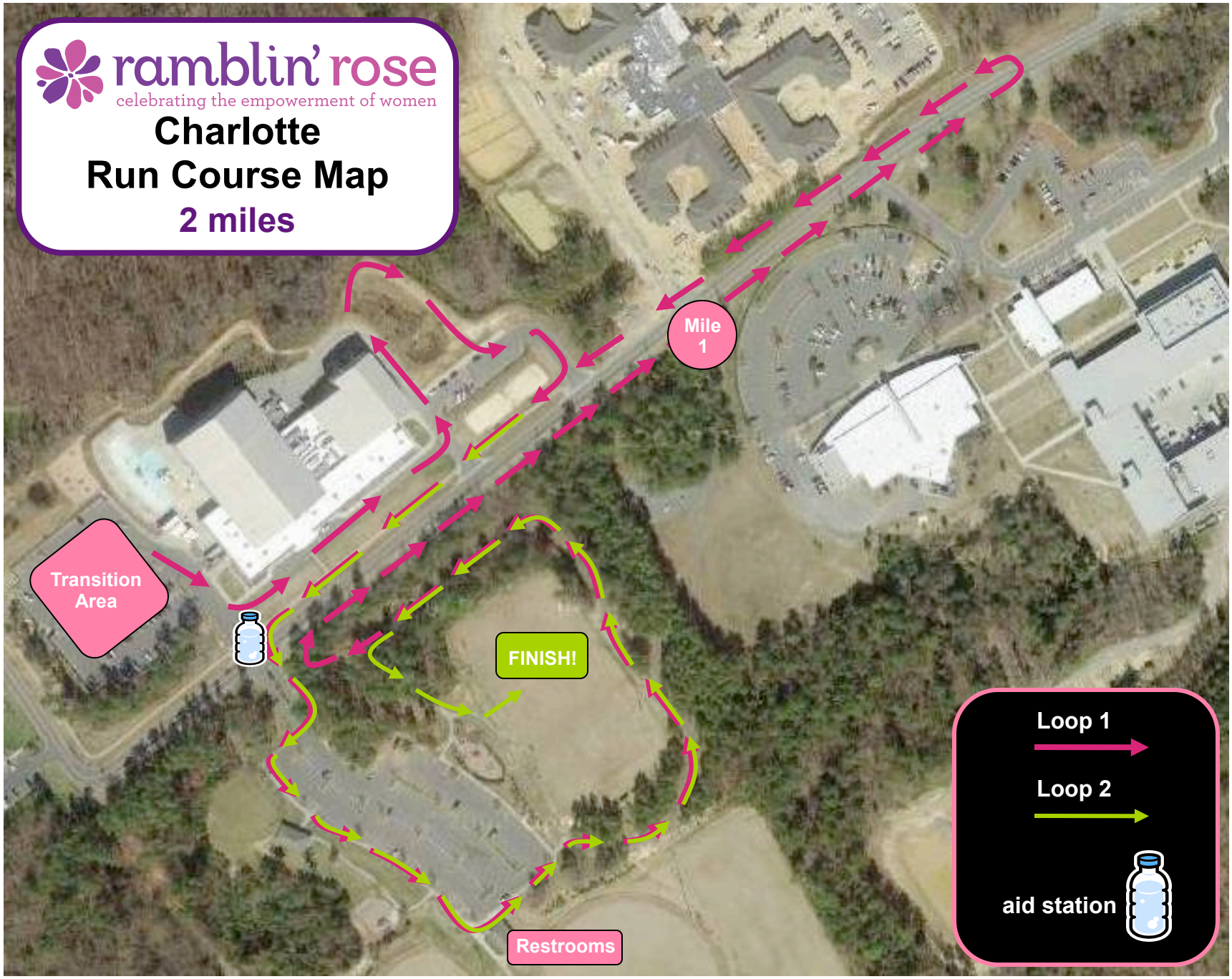
Swim Map
250 yards
/// About the Swim
Swimmers will be called onto the pool deck through a dedicated "athletes only" door. Once on the pool deck, athletes will line up single file on the bulkhead dividing the pool in order of their swim ability, starting with 10, 9, 8, ...3, 2, 1. They will enter one 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.
ladder
FINISH
START
athletes line up: fastest swimmers first
START
ladder
FINISH
to transition area
POOL ENTRANCE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Run Course Map
2 miles
Mile 1
Transition Area
FINISH!
Restrooms
Loop 1
Loop 2
aid station