



Harris YMCA /// 5900 Quail Hollow Road, Charlotte, NC 28210



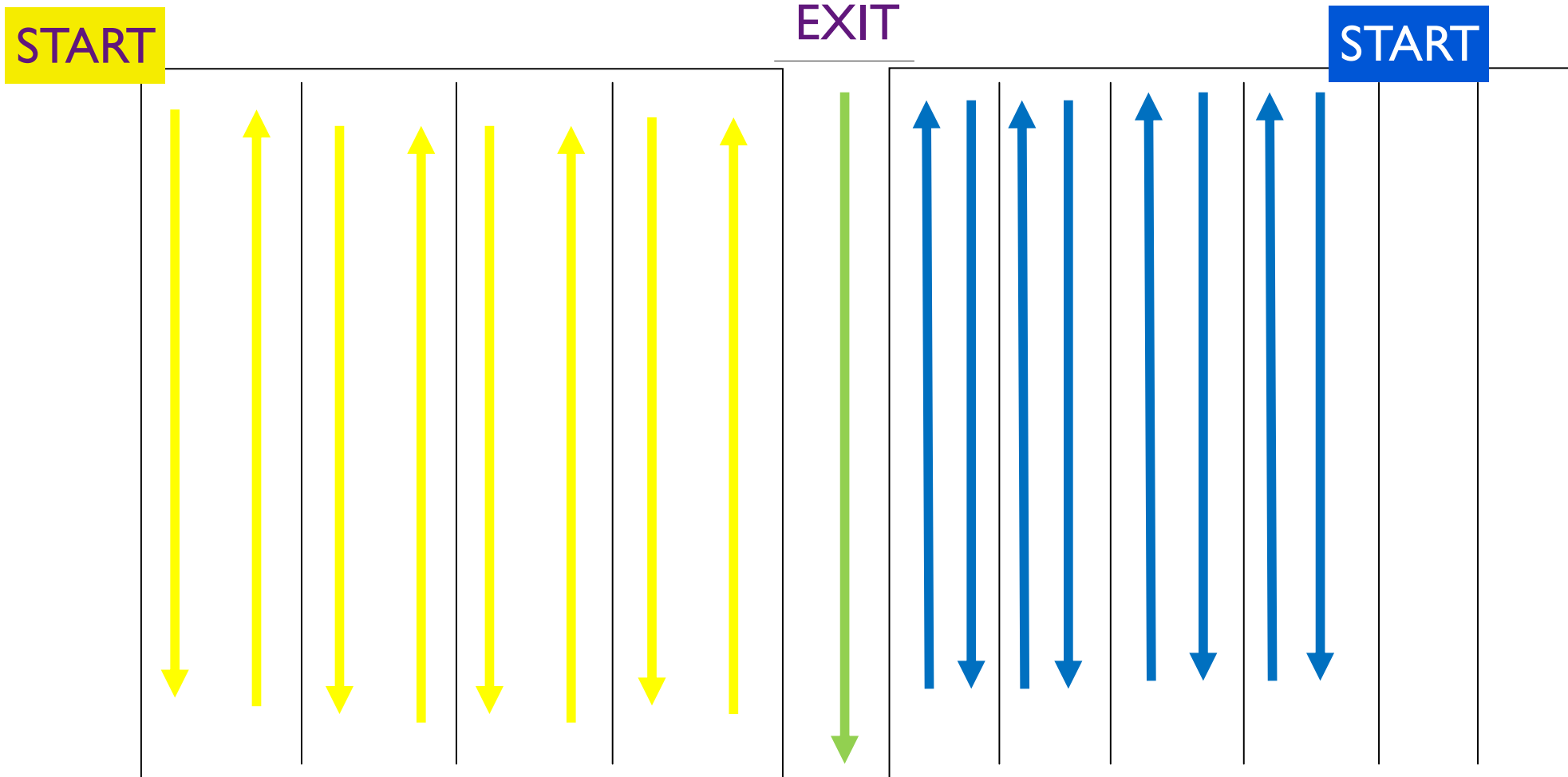
ramblin' rose
celebrating the empowerment of women

/// Swim Map

200 yards

/// Lining Up

The yellow pool swim will line up leading out of the outdoor pool deck. The blue pool swim will line up at the picnic tables to the right of the pool, and swimmers will also be staged in the first 2 lanes of the blue pool on the side of the start.



/// About the Swim

Swimmers will be called onto the pool deck in groups based on swim ability. Once on the pool deck, athletes will line up 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 8 lengths of the pool (each length is 25 yards).

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

Doors
leading to
transition
area.

EXIT to Transition Area

**NO SPECTATORS ALLOWED
ON POOL DECK!**



celebrating the empowerment of women

2 loops - 8 miles total

TURN BY TURN - from YMCA

-RIGHT on Quail Hollow Rd

-RIGHT on Gleneagles Rd

-RIGHT on Park Rd

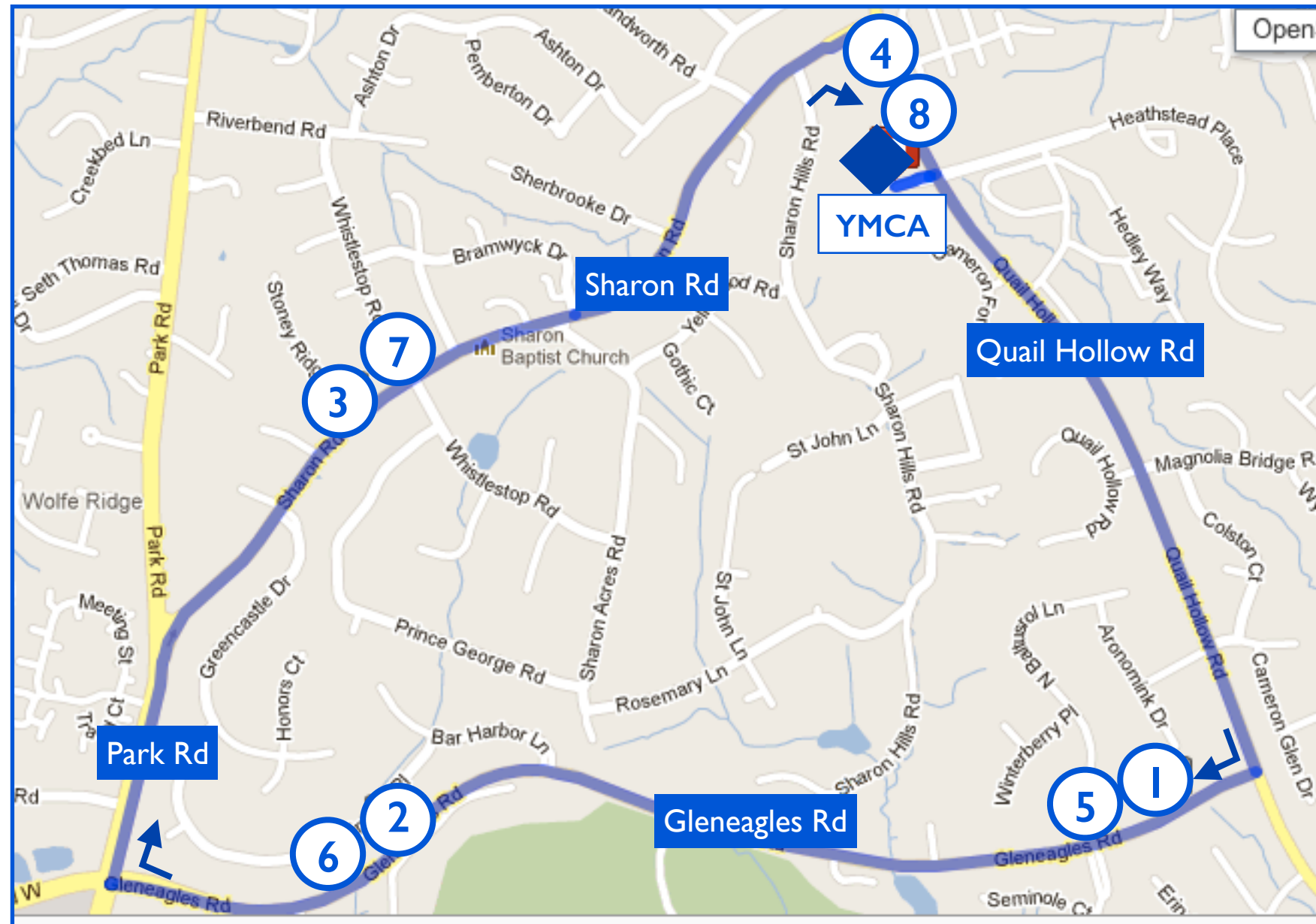
-SLIGHT RIGHT on Sharon Rd

-RIGHT on Quail Hollow Rd

-BEGIN 2nd LOOP

or

RIGHT at YMCA





/// Run Course

2 miles

