/// About the Swim

Swimmers will be called onto the pool deck through the pool house. 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.

NO SPECTATORS ALLOWED ON POOL DECK OR INSIDE POOL HOUSE!
**Spectators:**
Please do NOT drive into the Stonebridge neighborhood during the race.

**Special Thanks!**
*Y Multisport Club*
Providing veteran triathletes to support athletes on the bike course!

**Raleigh /// Bike Map**

**START:** AE Finley YMCA - western-most exit on Baileywick Rd
**RIGHT:** Baileywick Rd
**RIGHT:** Chander Dr - becomes Emerywood Dr
**LEFT:** Brookfield Rd
**RIGHT:** Whitestone Rd
**RIGHT:** Dunwoody Dr
**LEFT:** Dunhill Terrace
**RIGHT:** Bridgetender Drive
**LEFT:** Leslie Dr
**LEFT:** Mt. Vernon Church Rd
**LEFT:** Henning Dr
**LEFT:** Mersey Ln
**LEFT:** Grafton Rd
**RIGHT:** Kinsdale Dr
**RIGHT:** Old Warden Rd
**LEFT:** Kinsdale Dr
**RIGHT:** Countrywood N. Rd
**LEFT:** Carrington Dr
**RIGHT:** Whitestone Rd
**LEFT:** Brookfield Rd
**RIGHT:** Emerywood Dr - becomes Chander Dr
**LEFT:** Baileywick Rd

**FINISH:** AE Finley YMCA - western-most exit on Baileywick Rd