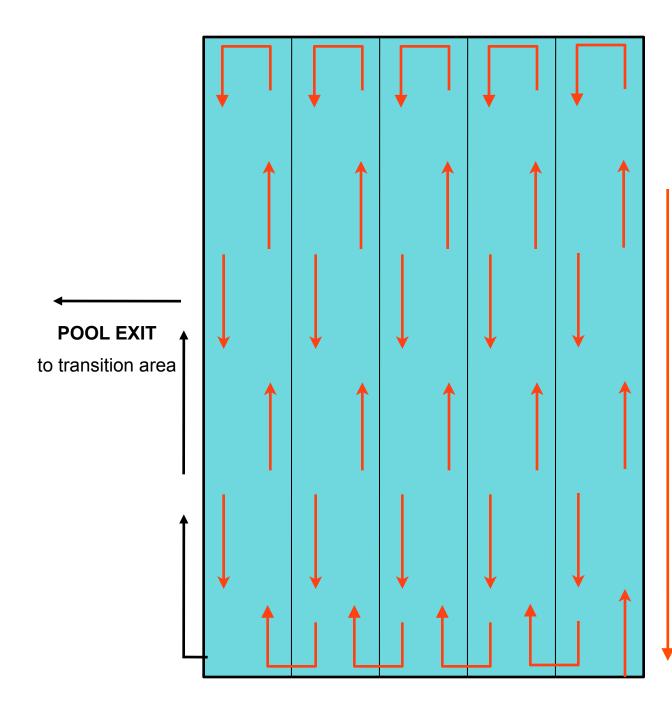


swim in — bike out — bike in — run out — run in





Chapel Hill Swim Course Map 250 yards

/// About the Swim

All athletes will select their swim ability at packet pickup, at which point we will mark your hand with your swim strength.

We will start the strongest swimmers first and weakest swimmers last: 10, 9, 8, etc.

See event website for Swim Ability Rating Chart.

warm-ups from 7:15-7:45

The pool will be open for



line up here

