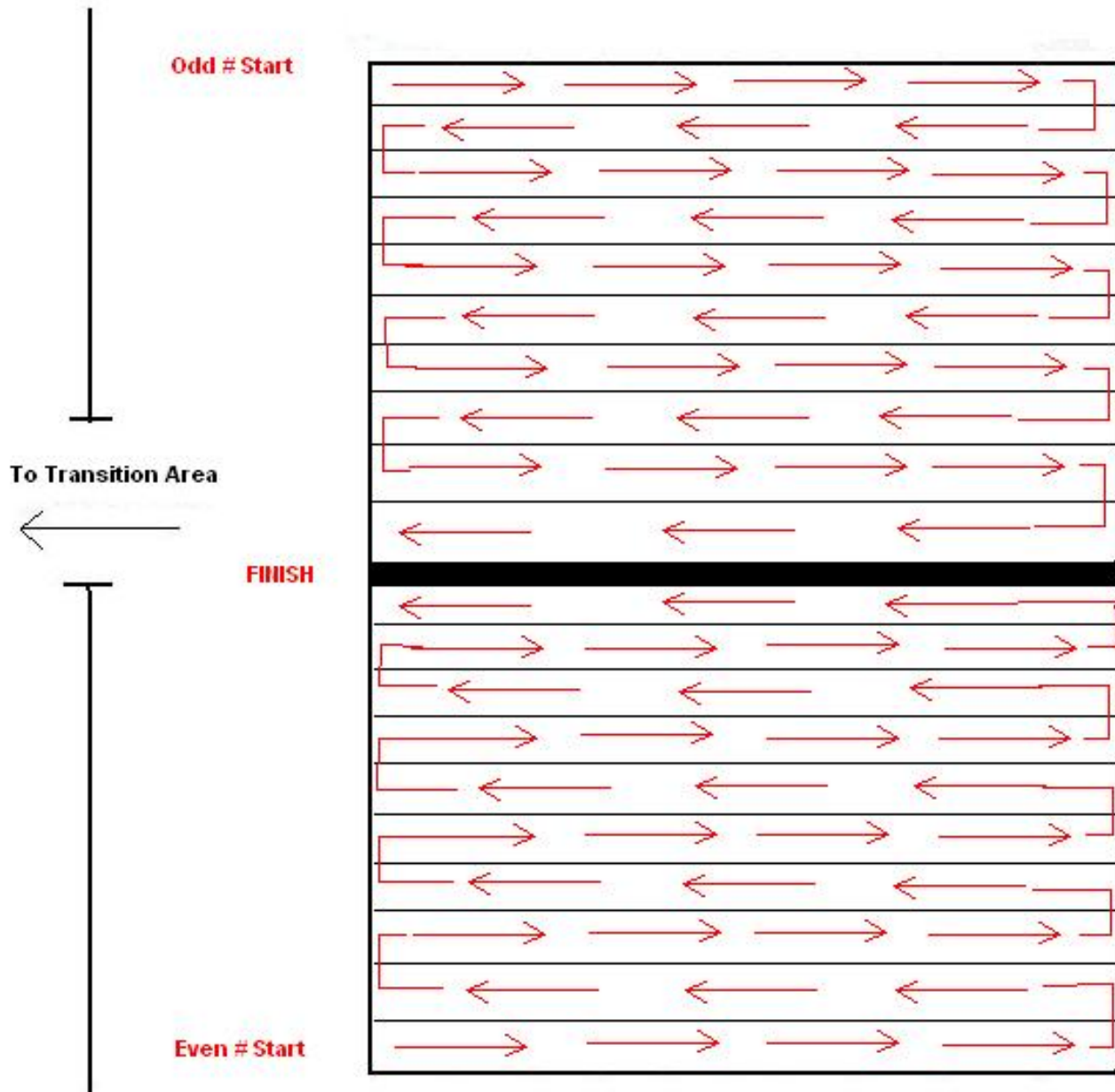


### Diving Boards



**Swim Course**  
( 250 METERS )  
Course will be set up  
"short course"  
10 lengths of the pool - each  
length = 25 meters

Bulkhead set in middle  
of pool

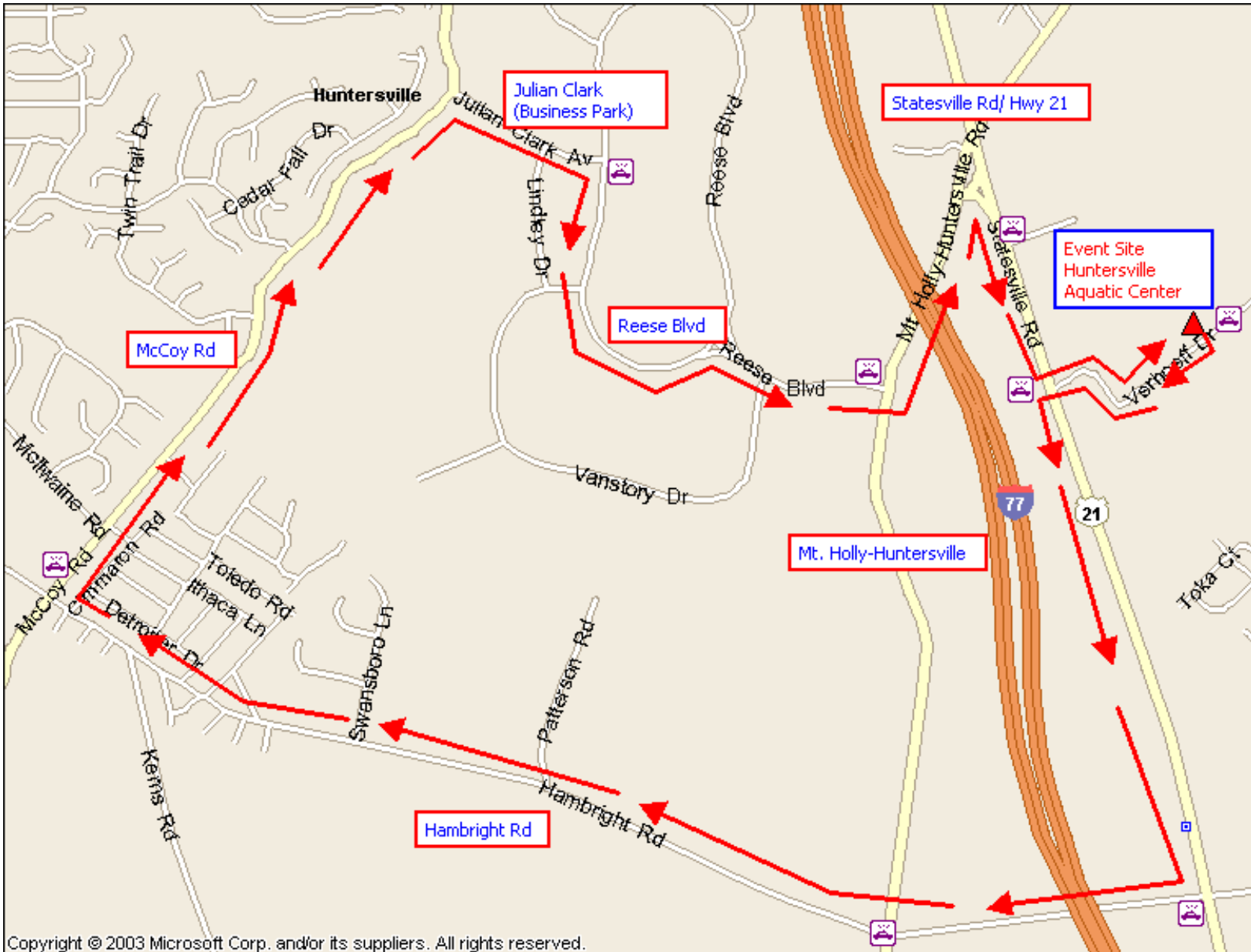
**Athletes will begin every 15 seconds.**

**Even # athletes will begin at the bottom of the pool and swim toward the bulkhead.**

**Odd # athletes will begin at the top (diving Board end) of the pool and swim toward the bulkhead.**

**We will post bib #'s and swim start times the week of the event.**

### RAMBLIN' ROSE - CHARLOTTE Bike Course (8 miles)



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**Start LAP 2**  
 If you are on your 1st lap, you will go **RIGHT**  
 If on your 2nd lap, you will Go **LEFT!** Race Crew will be directing runners.

