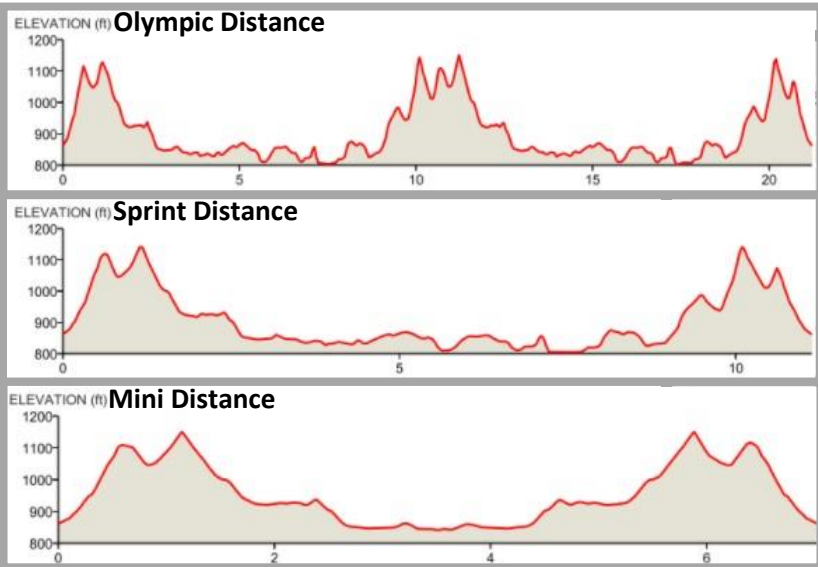


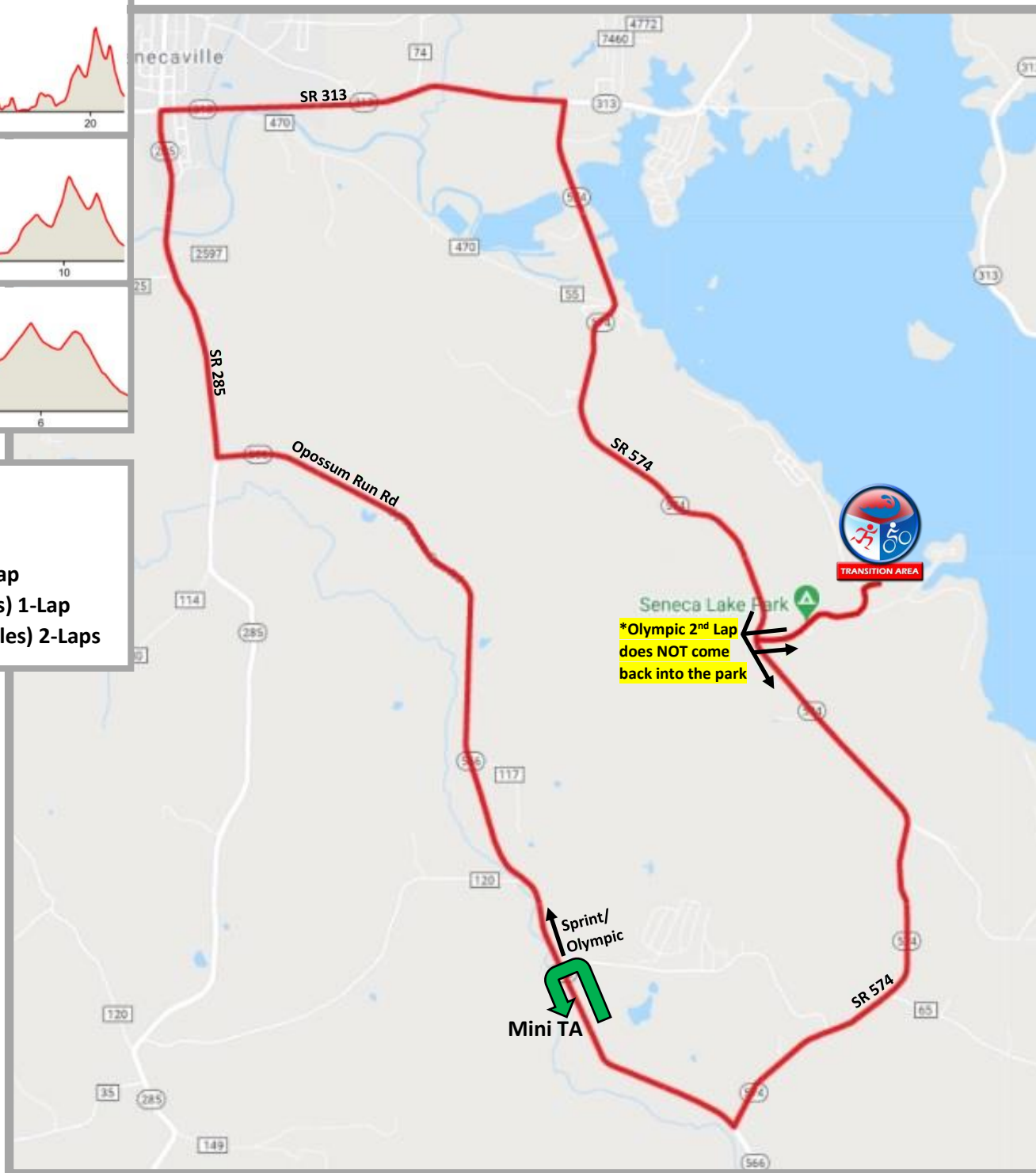
FIT Family Series
Seneca Lake Park
Swim Course Map
MINI: 250m 1-Lap
SPRINT: 750m 1-Lap
OLYMPIC: 1500m 2-Laps

DIRECTIONS: Dual Time Trial Start (2 athletes start at a time every 5-10 seconds) swim start. For the Sprint and Olympic distance all Red and Yellow buoys are to be kept to your right except for the first Red start buoy. The Mini course keeps green buoys on the right and the Olympic course keeps the green buoys on the left when going on to the second lap.



FIT Family Series
Seneca Lake Park
Bike Course Map
MINI: 11k (7 miles) 1-Lap
SPRINT: 18k (11.3 miles) 1-Lap
OLYMPIC: 34K (21.2 miles) 2-Laps

DIRECTIONS: Exit the transition area on the park roads to State Route 574. Go left on State Route 574 to Opossum Run Rd. Go right on Opossum Run Rd (Mini TA) to State Route 285. Go right on State Route 285 to State Route 313. Go right on State Route 313 to State Route 574. Go right on State Route 574 to the park entrance. Continue straight for second lap of Olympic or go left into the park entrance to complete bike course.





FIT Family Series

Seneca Lake Park

Run Course Map

OLYMPIC: 10k (6.2 miles) – 3 Full Laps

SPRINT: 5k (3.1 miles) – 1.25 Full Laps

MINI: 3k (1.8 miles) – 1 Partial Lap

DIRECTIONS: Exit the transition area and follow park roads to the Cabin Area entrance. Go left into the Cabin Area and follow the park roads to the main Cabin Area park road. Olympic, Sprint and Mini distance will turn around at TA on the Schoolhouse Trail. On the second lap the Sprint distance will turn around at the Sprint 2nd Lap TA. The Olympic will continue to Schoolhouse Trail TA all 3 laps. The Sprint and Olympic have a separate out & back section as noted on the map that must be completed on all laps. **Water, GATORADE, BOOM Gel at mile #.6, and #1.3, on the way out plus a TA exit and turn around station.**

