

# Lititz recCenter 10th Annual Triathlon Sun. August 4, 2024



## Swim Portion 300 Meters (Cue Sheet)

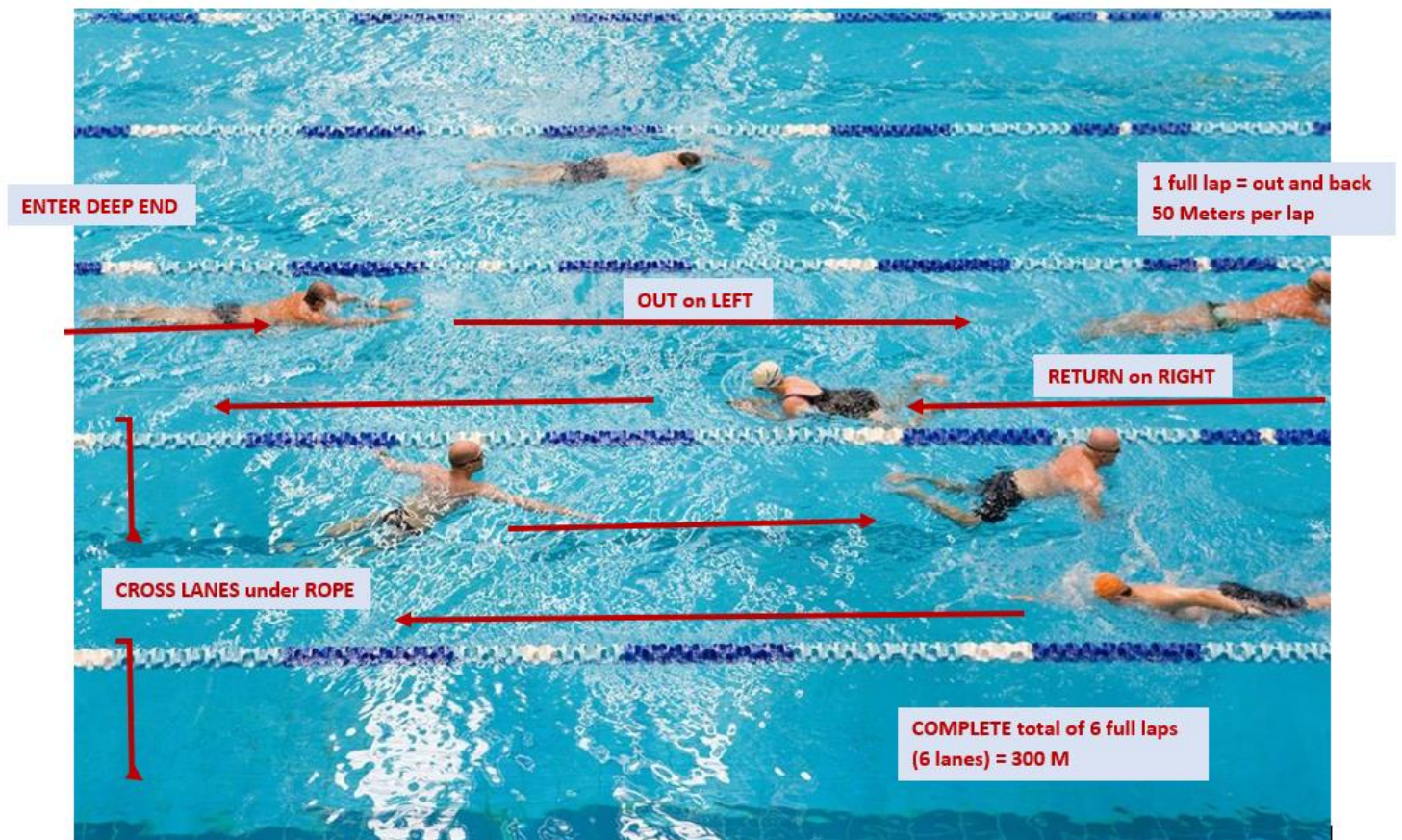
**7:45am** Swimmers line up in the grassy adjacent to the pool in numerical bib order. Enter at deep end (12 ft) when STARTER instructs swimmers to take their marks.

- Swimmers wait IN WATER for START signal.
- 8:00 the SWIM START. Swimmers will start at 15 seconds intervals. Swimmers will start by pushing off the wall. Diving starts will not be permitted!

**SWIM 6 LAPS TOTAL (300 M).** Use all six lanes in the pool, crossing over to new lane UNDER the lane lines at the deep end.

- EACH LAP begins on LEFT SIDE of LANE. RETURN on RIGHT side of lane to complete the out and back full lap.
- Each swimmer will swim one lap (up and back) in each lane (50 meters) for a total of six laps (300 meters).
- Walking is allowed in the shallow portion of the pool.

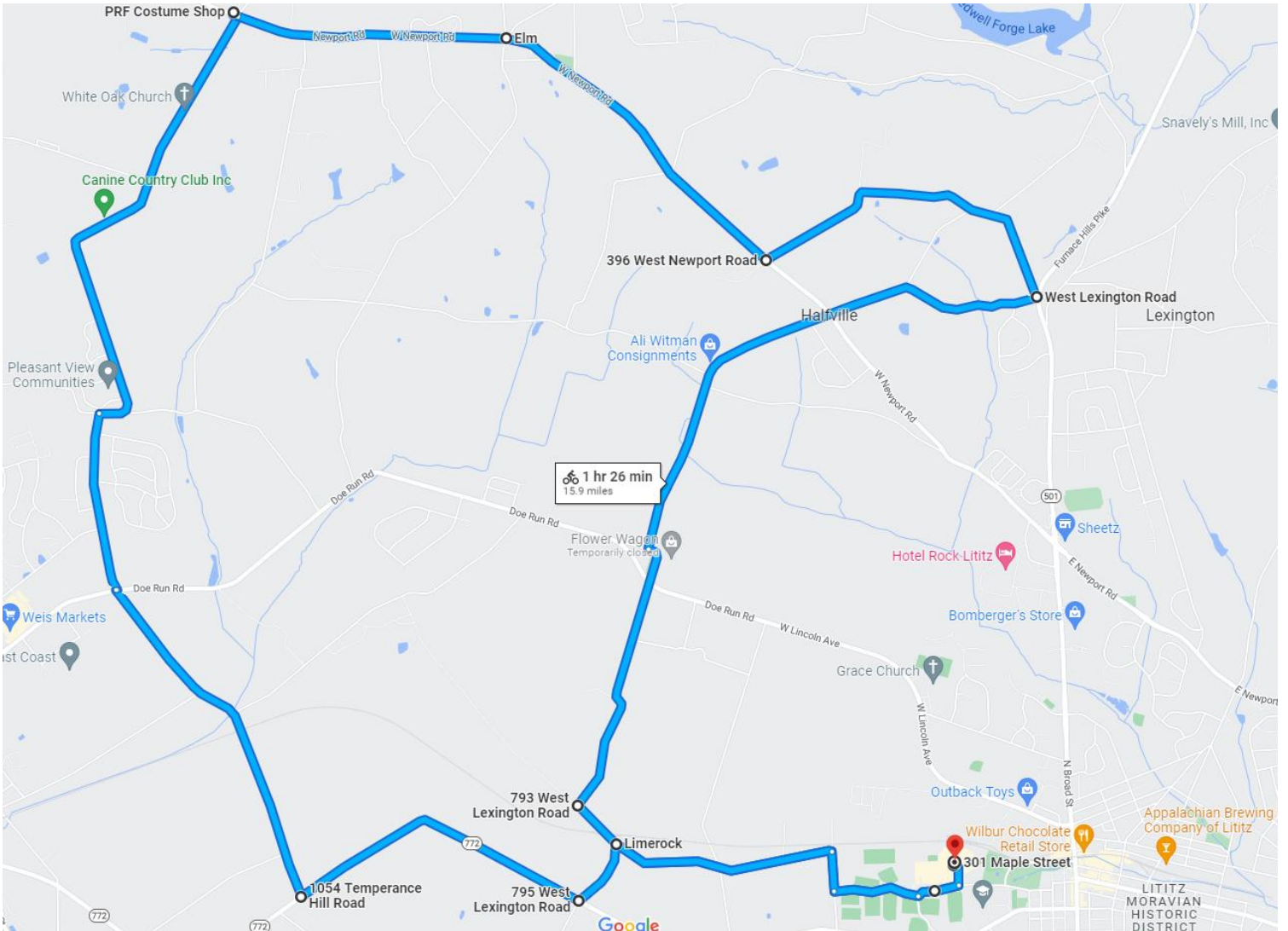
**EXIT POOL** from deep end. Use the ladder if needed. After exiting the pool, walk or run to the transition area to begin biking segment.



Lititz recCenter Triathlon Swim Event (Lititz Springs Pool)

## **Bike 15.8 Miles (Cue Sheet)**

- Leave the transition area at Lititz recCenter WEST on Maple Street.
- Turn right onto Limerock Road.
- Turn left onto Lexington Road.
- Turn right onto Rt. 772 (Orange St)
- Turn right onto S. Penryn Rd. Continue onto N. Penryn Rd.
- Turn right onto Newport Road.
- Turn left onto Bomberger Rd.
- Turn right onto West Lexington
- Turn left onto Limerock Rd.
- Turn left onto Maple St continue to finish near Lititz Spring Pool.

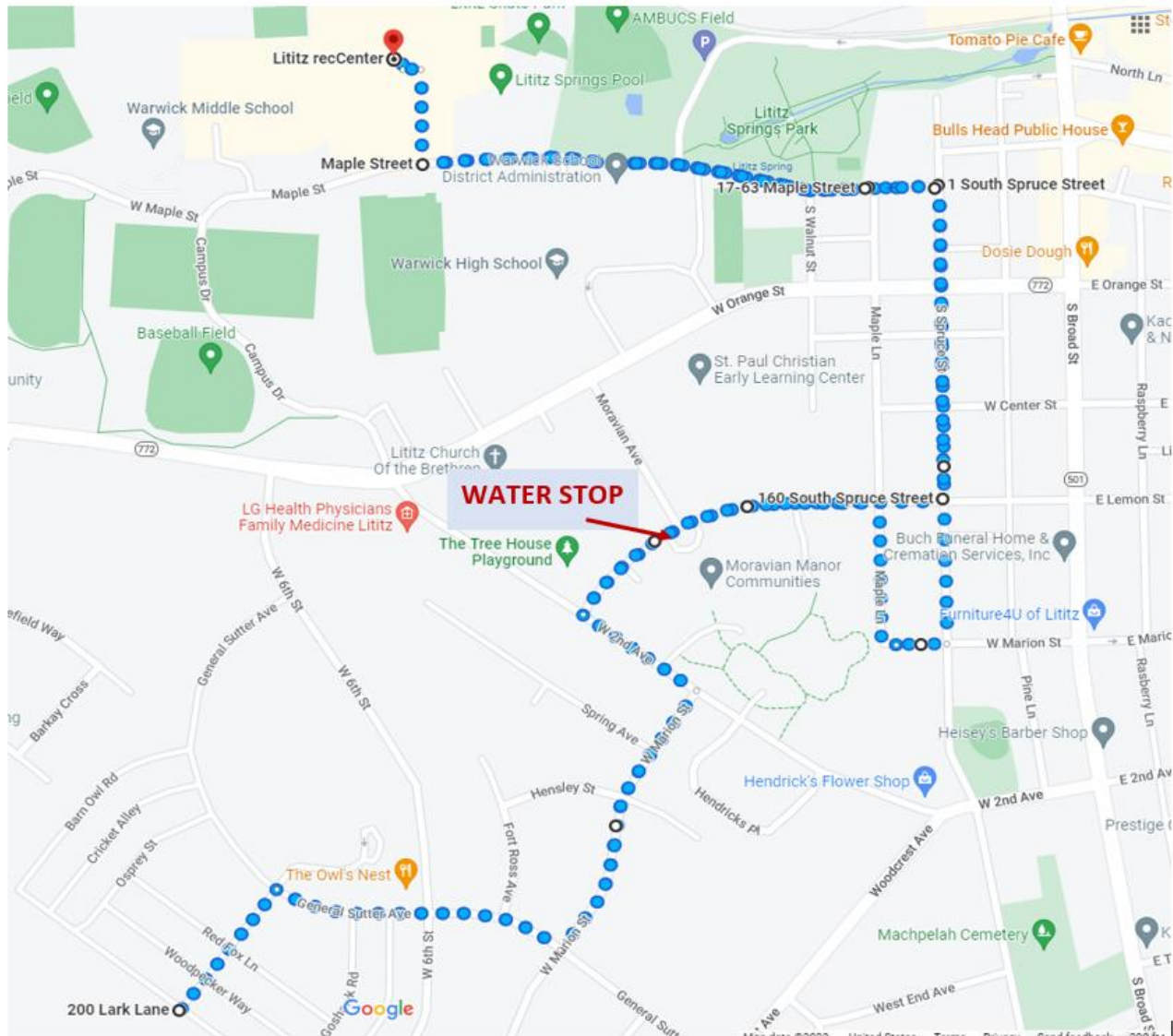


**EVENT CONTACT: Simon Ababou, 717.626.5096, ext 239 [SimonAbabou@lititzrec.com](mailto:SimonAbabou@lititzrec.com)**



## The Run Portion 3.1 Miles (Cue Sheet)

- Start at pool/transition
- East on Maple Street
- Right on South Spruce Street
- Right on West Marion Street
- Right on Maple Lane
- Left on Lemon Street
- Left on 2<sup>nd</sup> Avenue
- Right on West Marion Street
- Right on General Sutter
- Left on Grouse Ave
- UTURN on Lark Lane
- Left on Grouse Ave
- Right on General Sutter
- Left on West Marion St
- Left on 2<sup>nd</sup> Avenue
- Right West Lemon Street
- Left on South Spruce Street
- Left on Maple Street
- Finish in LrC parking lot



**EVENT CONTACT: Simon Ababou, 717.626.5096, ext 239 [SimonAbabou@lititzrec.com](mailto:SimonAbabou@lititzrec.com)**