



2023 FALLBROOK YMCA YOUTH TRIATHLON

COURSE MAP



BIKE PARKING TRANSITION #1

Prior to the event, participants should park their bike in their assigned area. Helmets, shoes, and clothing can be placed next to the participant's bike.

Bike Parking for ages 11+

Bike Parking for ages 5-7

Bike parking for ages 8-10

FINISH

NO PARKING
PARK IN THIS AREA

BIKE PARKING TRANSITION #2

After completing the required amount of laps on the bike, participants will park their bike in the yellow area to transition to the run.

ARRIVAL

We encourage all families to arrive at the Fallbrook Y by 9:15am to give yourselves enough time to park your bikes in Transition Area #1. Transition Area #1 will be divided by age group.

- Ages 11+ will park their bikes in the area between the blue flags
- Ages 8-10 will park their bikes in the area between the red flags
- Ages 5-7 will park their bikes in the area between the green flags

Once you park your bike please go to the Outdoor Pool. There will be announcements prior to the first age group starting at 9:30am. You are invited to cheer on other participants while you wait for your turn to go.

START TIMES

- Ages 11+ | 9:30am | 100 yard swim, 2 mile bike, 1 mile run
- Ages 8-10 | 10:00am | 50 yard swim, 2 mile bike, .5 mile run
- Ages 5-7 | 10:30am | 25 yard swim, 1 mile bike, .25 mile run

Participants will need to line up at the Outdoor Pool 10 minutes prior to their start time.

SWIM

- Ages 11+ | Swim 4 lengths
- Ages 8-10 | Swim 2 lengths
- Ages 5-7 | Swim 1 length

After swimming participants will get out of the pool and out of the north pool gate to get their bikes from Transition Area #1. If your child will need assistance with getting their shoes, socks, and helmet on before getting on their bike we ask that a parent/guardian is prepared to help them. Helmets are required for each participant during the cycling part of the event.

BIKE

- Ages 11+ | Bike 2 loops
- Ages 8-10 | Bike 2 loops
- Ages 5-7 | Bike 1 loop

After completing the required amount of bike loops, participants will park their bikes in the yellow flags in Transition Area #2 before starting the run. Prior to the running portion, please have your child leave their helmet with their bike.

RUN

- Ages 11+ | Run 4 laps
- Ages 8-10 | Run 2 laps
- Ages 5-7 | Run 1 lap

The path for the run will be marked with flags. After completing the required amount of laps participants will run to the finish line and receive their medal.

REMINDERS

All participants will have a staggered start.

This is not a timed event. We want every participant to feel successful, empowered, and have fun.