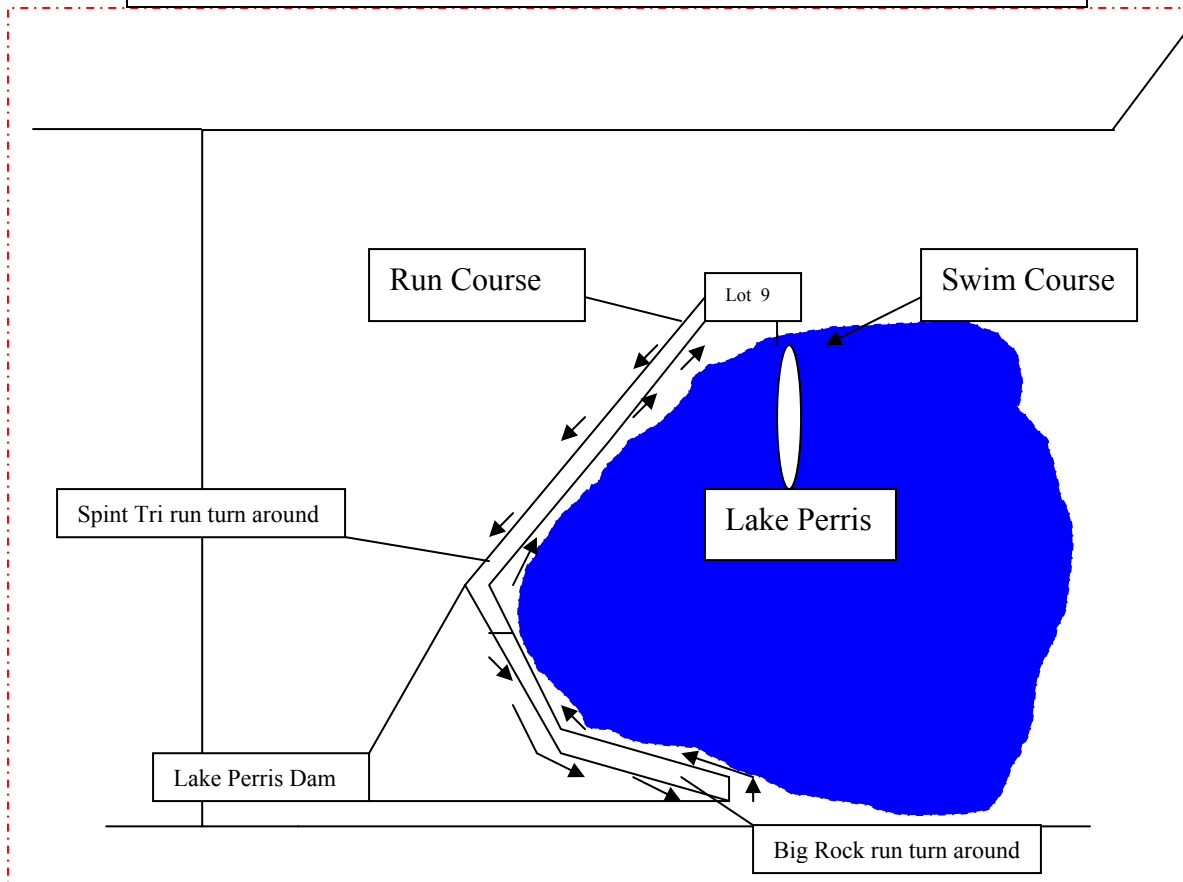


# Big Rock and Sprint Triathlon Swim and Run course



## Swim Course Narrative:

Sprint Tri: 800 yds 1 loop around the swim course

Big Rock Tri: 1.5 k 2 loops around the swim course

[Click here for swim map: http://www.mapmyride.com/routes/view/52755874](http://www.mapmyride.com/routes/view/52755874)

## Run Course Narrative:

Exit transition area head west toward the Lake Perris dam follow course markings

Sprint Tri: 3 mile out and back run (turn around right before you go onto the dam 1.5 miles out)

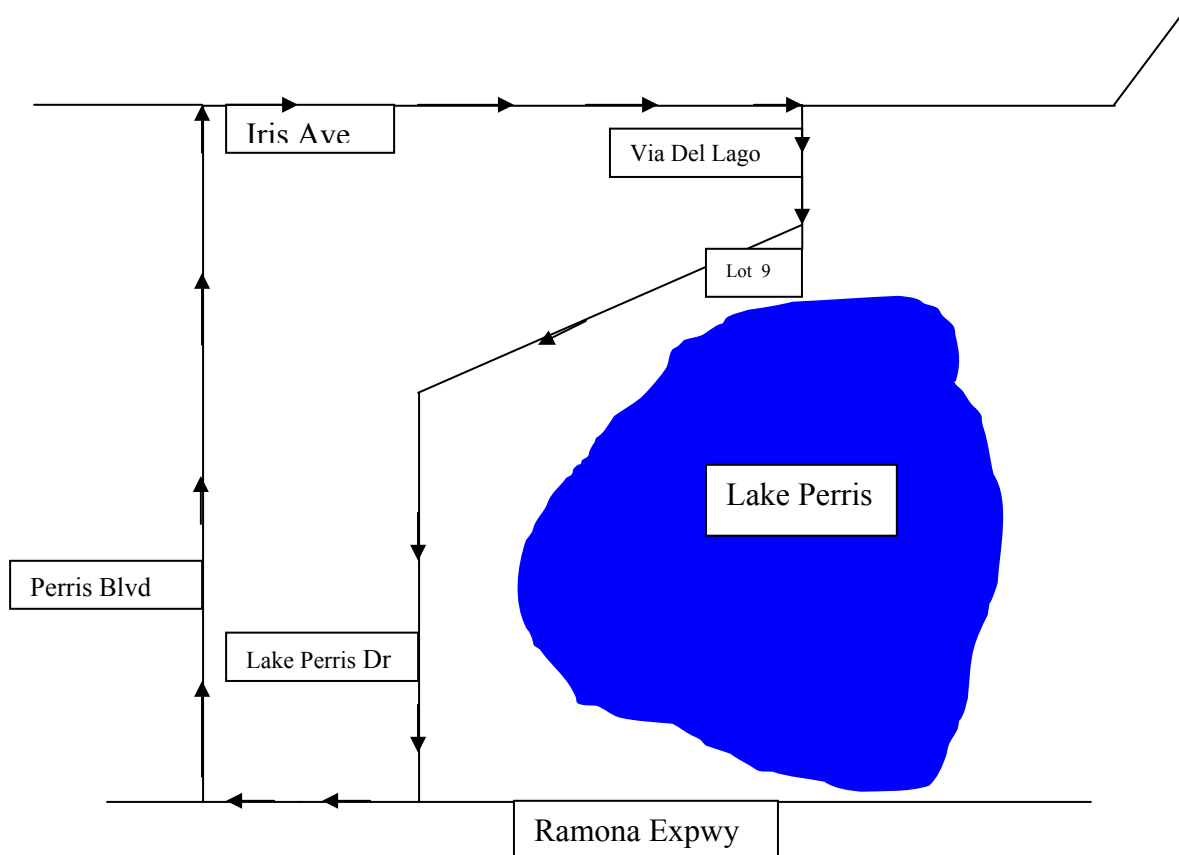
[Click here for sprint run map: http://www.mapmyride.com/routes/view/52751798](http://www.mapmyride.com/routes/view/52751798)

Big Rock Tri: 6.2 mile out and back run (turn around 3.1 miles out about half way on the Lake Perris dam)

[Click here for Olympic run map: http://www.mapmyride.com/routes/view/52753768](http://www.mapmyride.com/routes/view/52753768)

(SCROLL DOWN FOR BIKE MAP)

# Big Rock and Sprint Triathlon Bike map



Click here for bike course map: <http://www.mapmyride.com/routes/view/52734322>

## Bike Course Narrative:

Exit lake Perris SRA heading

South on Lake Perris Dr

Turn Right onto Ramona Expressway heading west

Turn Right onto Perris Blvd heading north

Turn Right onto Iris Ave heading east

Turn Right onto Via Del Lago heading south

Enter Lake Perris SRA head to parking lot 9 (transition area)

**Big Rock Olympic Distance tri must bike 2 loops before entering lot 9**