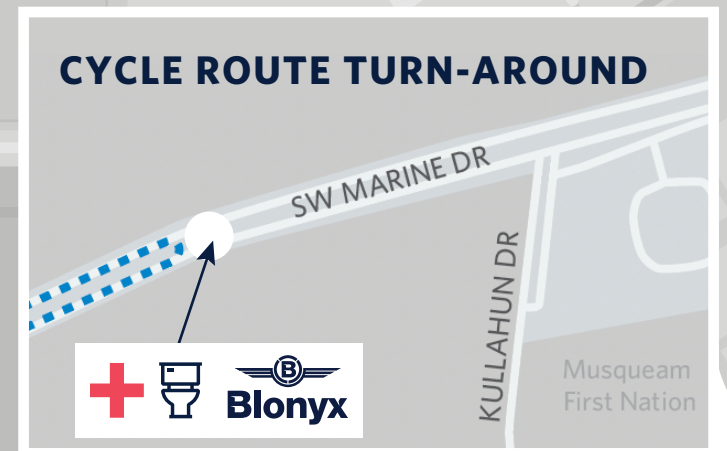
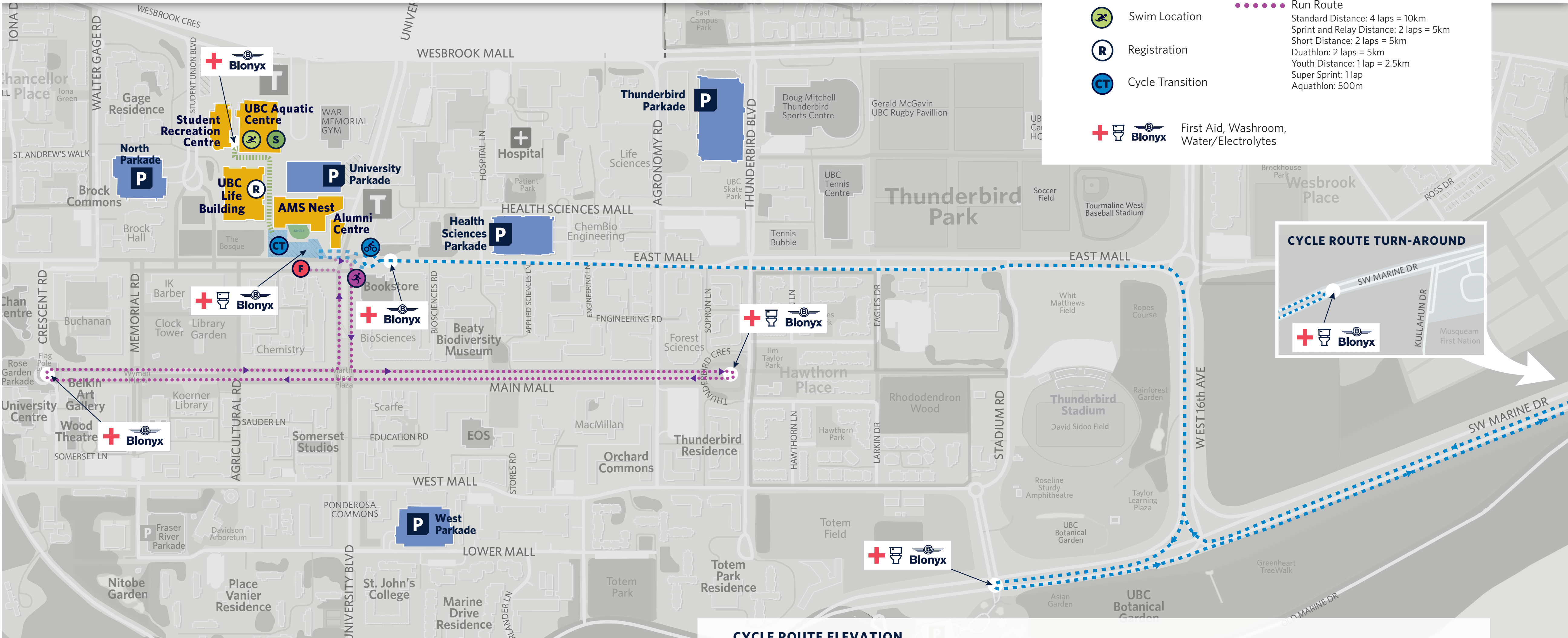


PARTICIPANT ROUTE MAP

- S** Start (Triathlon)
- F** Finish (all races)
- Cycle Lap Mark**
- Run Lap Mark**
- Swim Location**
- R** Registration
- CT** Cycle Transition
- Pool Transition**
300m (pool to cycle transition)
- Cycle Route**
Standard Distance: 4 laps = 40km
Sprint and Relay Distance: 2 laps = 20km
Short Distance: 1 lap = 10km
Duathlon: 2 laps = 20km
Youth Distance: = 1 lap = 10km
- Run Route**
Standard Distance: 4 laps = 10km
Sprint and Relay Distance: 2 laps = 5km
Short Distance: 2 laps = 5km
Duathlon: 2 laps = 5km
Youth Distance: 1 lap = 2.5km
Super Sprint: 1 lap
Aquathlon: 500m
- Blonyx** First Aid, Washroom, Water/Electrolytes



CYCLE ROUTE ELEVATION

