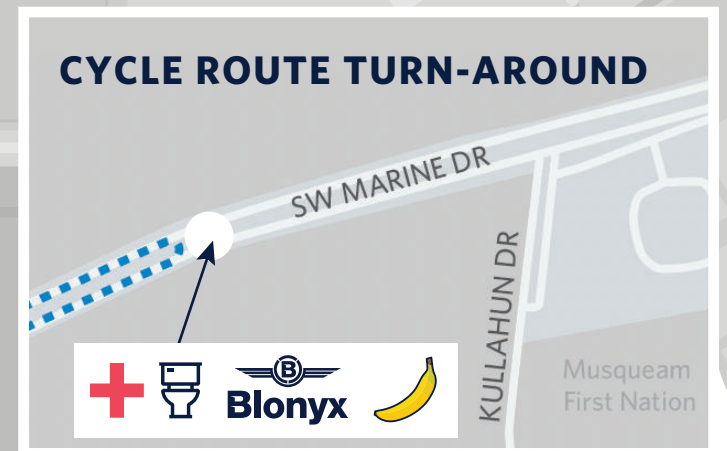
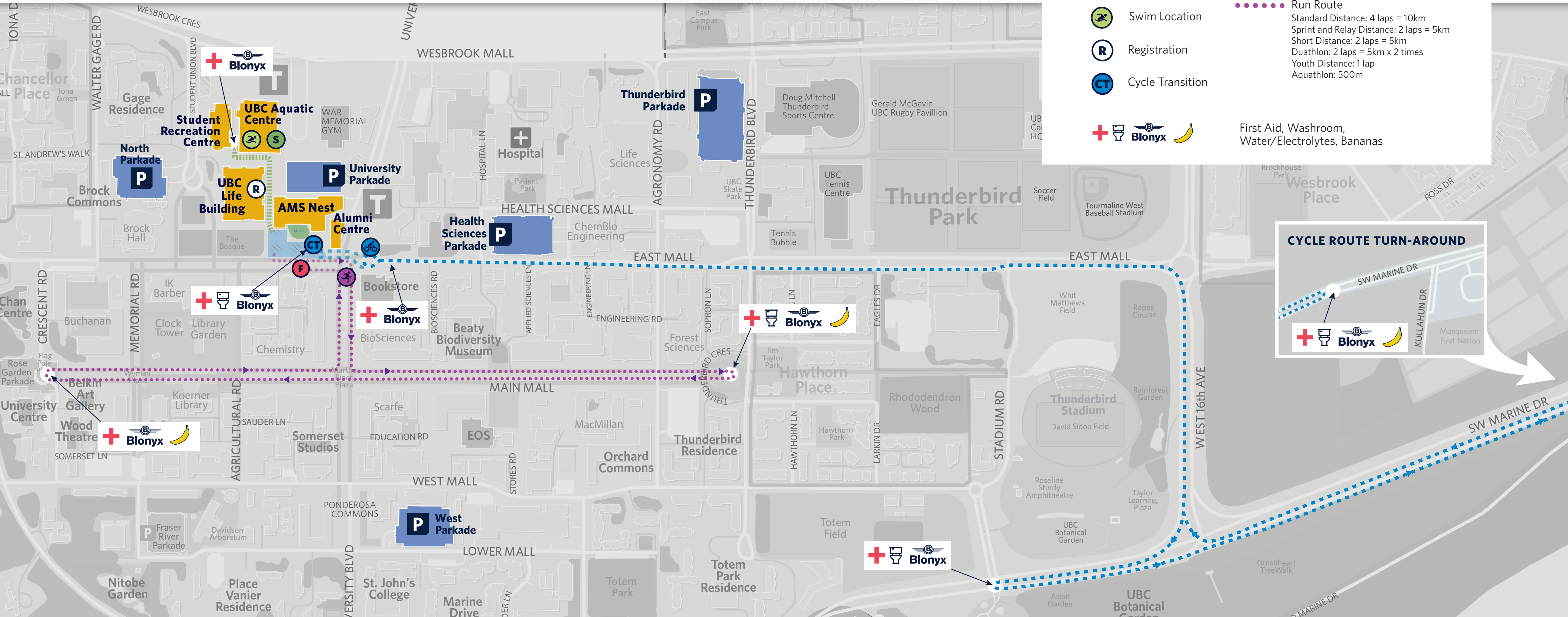
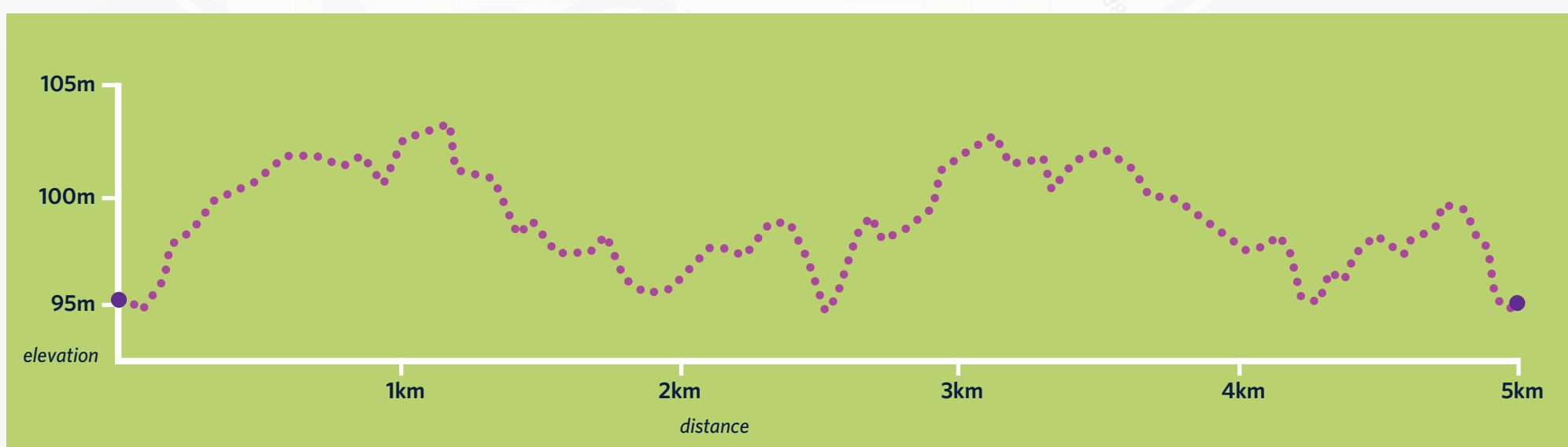


PARTICIPANT ROUTE MAP

- S** Start (Triathlon)
- F** Finish (all races)
- C** Cycle Lap Mark
- R** Run Lap Mark
- W** Swim Location
- R** Registration
- CT** Cycle Transition
- Pool Transition**
300m (pool to cycle transition)
- Cycle Route**
Olympic 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 x 2 times
Youth Distance: 1 lap
Aquathlon: 500m
- +** **W** **B** **Y** First Aid, Washroom, Water/Electrolytes, Bananas



RUN ROUTE ELEVATION - 2 LAPS



CYCLE ROUTE ELEVATION

