

TRANSITION MAP



DUATHLON: RUN 1: 5K • BIKE: 19.71 MILES • RUN 2: 7 MILES
SHORT COURSE/SHORT RELAY: SWIM: 300 YARDS • BIKE: 8.24 MILES • RUN: 5K
LONG COURSE/LONG RELAY: SWIM: 1100 YARDS • BIKE: 19.71 MILES • RUN: 7 MILES

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COURSES SUBJECT TO CHANGE WITHOUT NOTICE

