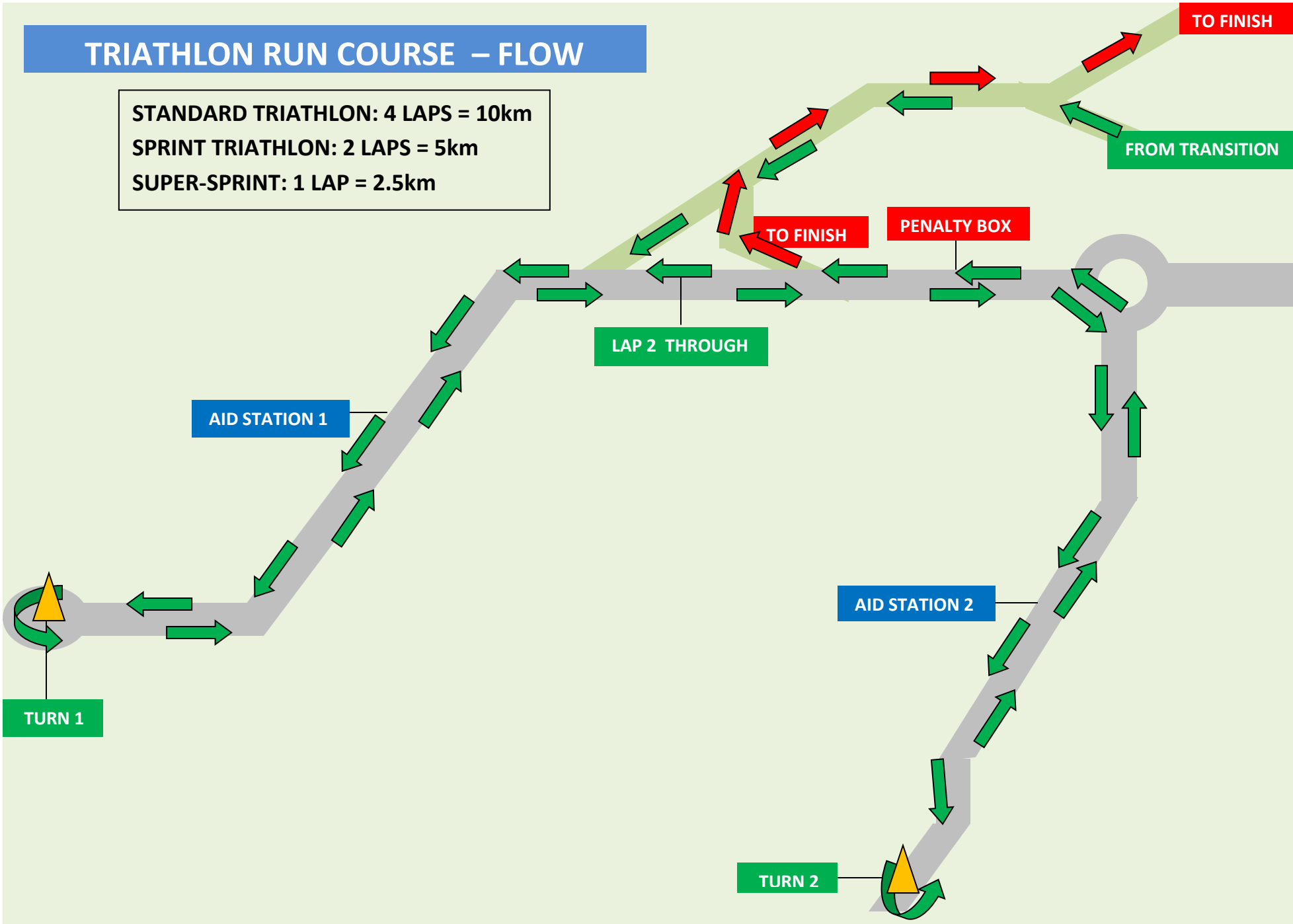


TRIATHLON RUN COURSE – FLOW

STANDARD TRIATHLON: 4 LAPS = 10km
SPRINT TRIATHLON: 2 LAPS = 5km
SUPER-SPRINT: 1 LAP = 2.5km



TO FINISH

FROM TRANSITION

TO FINISH

PENALTY BOX

LAP 2 THROUGH

AID STATION 1

AID STATION 2

TURN 1

TURN 2