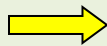


OFF-ROAD TRIATHLON SWIM

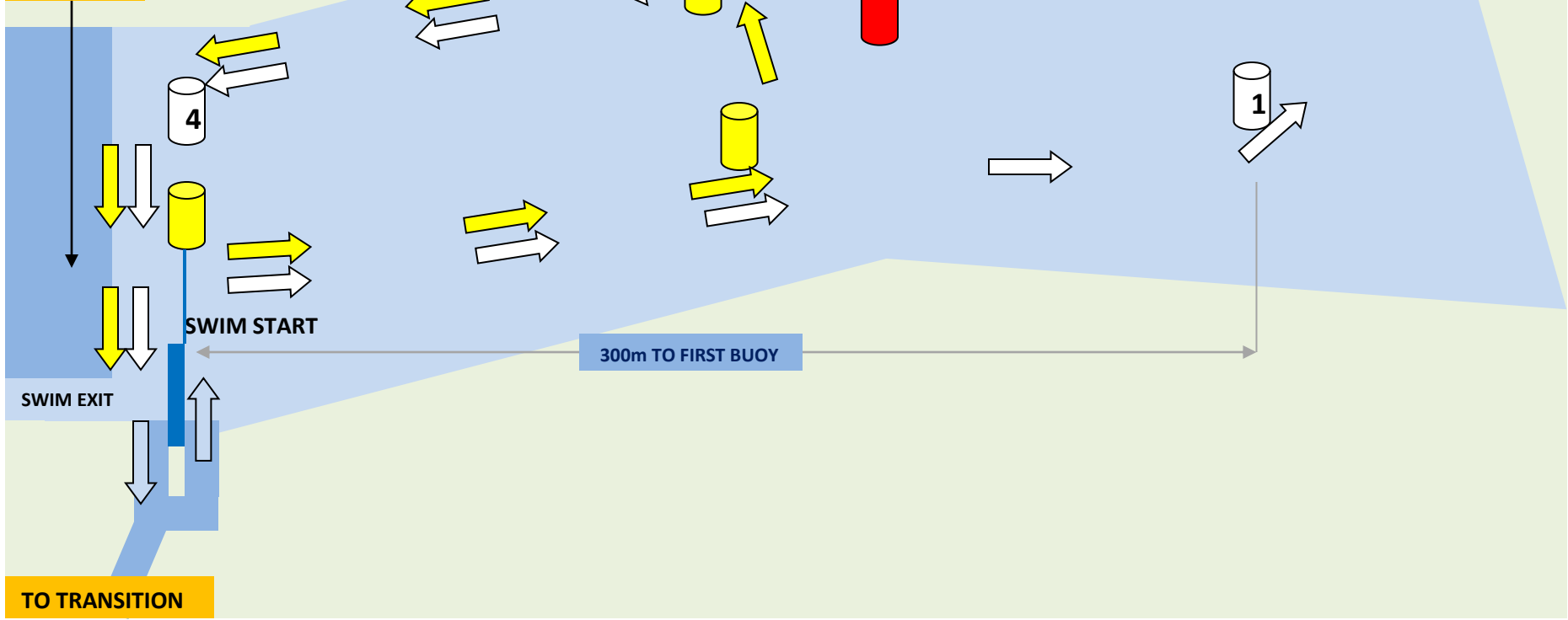
STANDARD TRIATHLON: 1 LAP = 750m



SPRINT TRIATHLON: 1 LAP = 375m



Swim
Warm-up
Area



SWIM START

300m TO FIRST BUOY

SWIM EXIT

TO TRANSITION