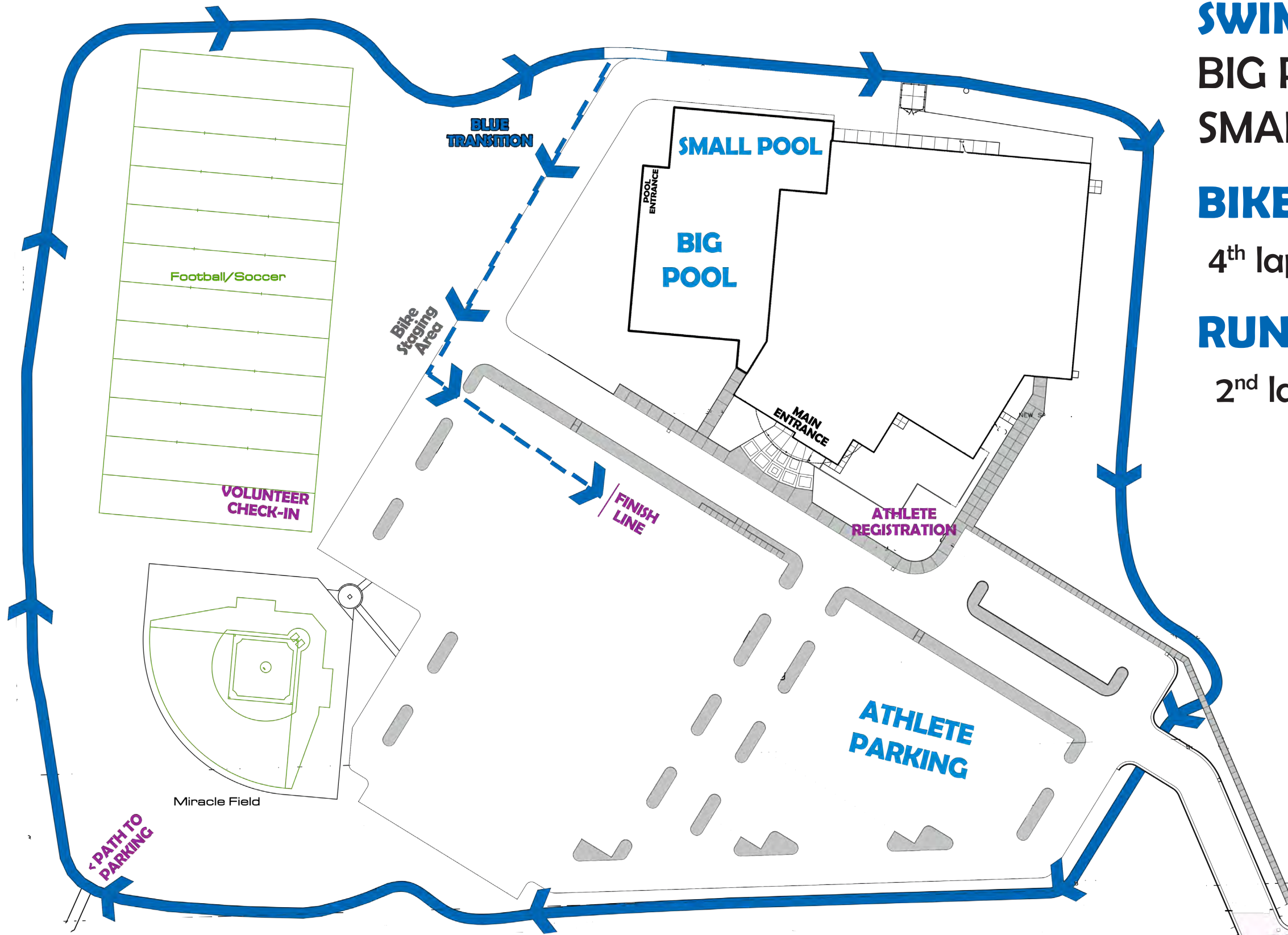


BLUE COURSE



SWIM: 200 YARDS

BIG POOL = 8 LENGTHS

SMALL POOL = 12 LENGTHS

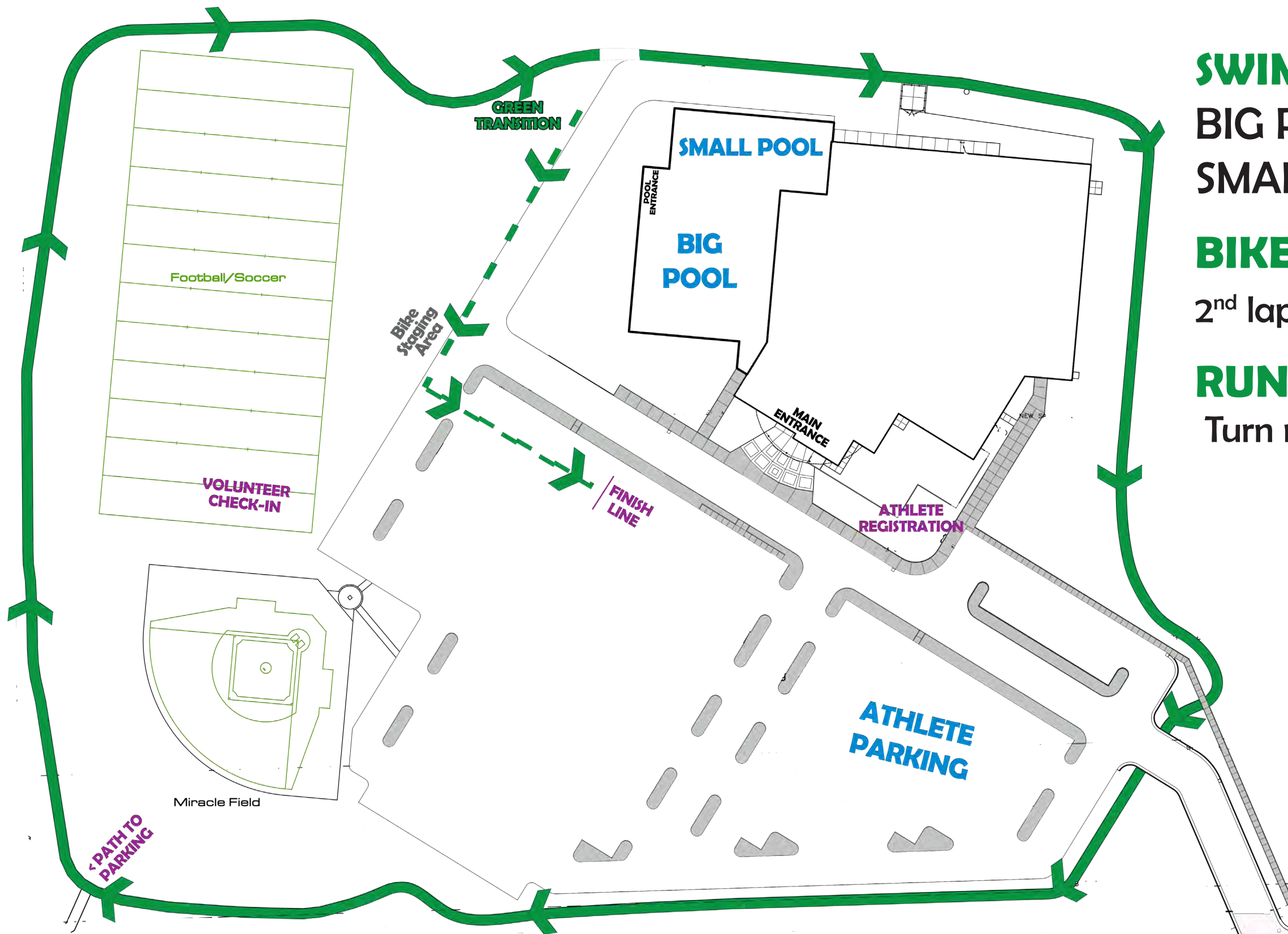
BIKE: 2 MILE = 4 LAPS

4th lap - enter Transition drop-off Bike

RUN: 1 MILE = 2 LAPS

2nd lap - turn right to FINISH LINE

GREEN COURSE



SWIM: 100 YARDS

BIG POOL = 4 LENGTHS

SMALL POOL = 6 LENGTHS

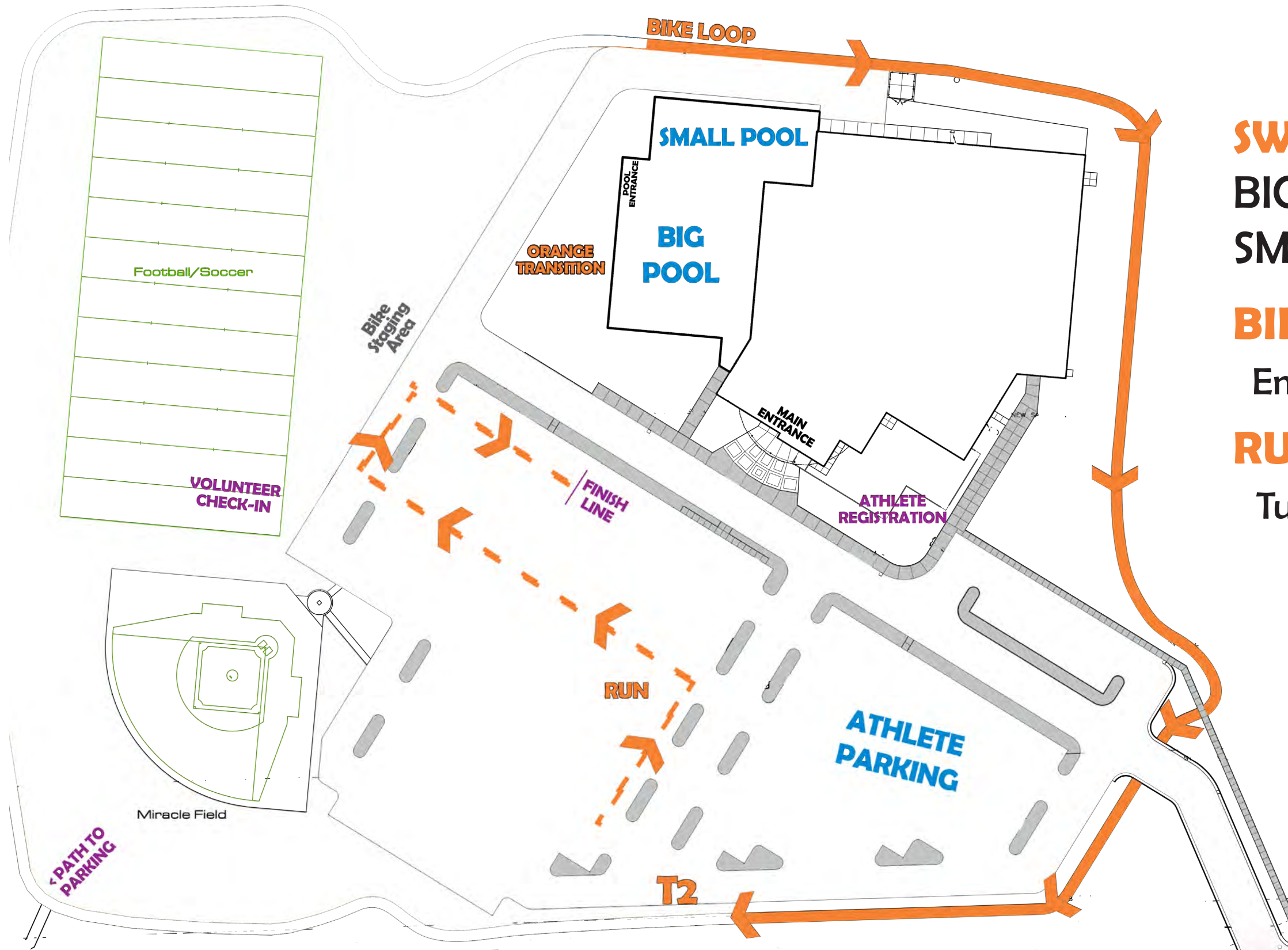
BIKE: 1 MILE = 2 LAPS

2nd lap - enter Transition drop-off Bike

RUN: 1/2 MILE = 1 LAP

Turn right to FINISH LINE

ORANGE COURSE

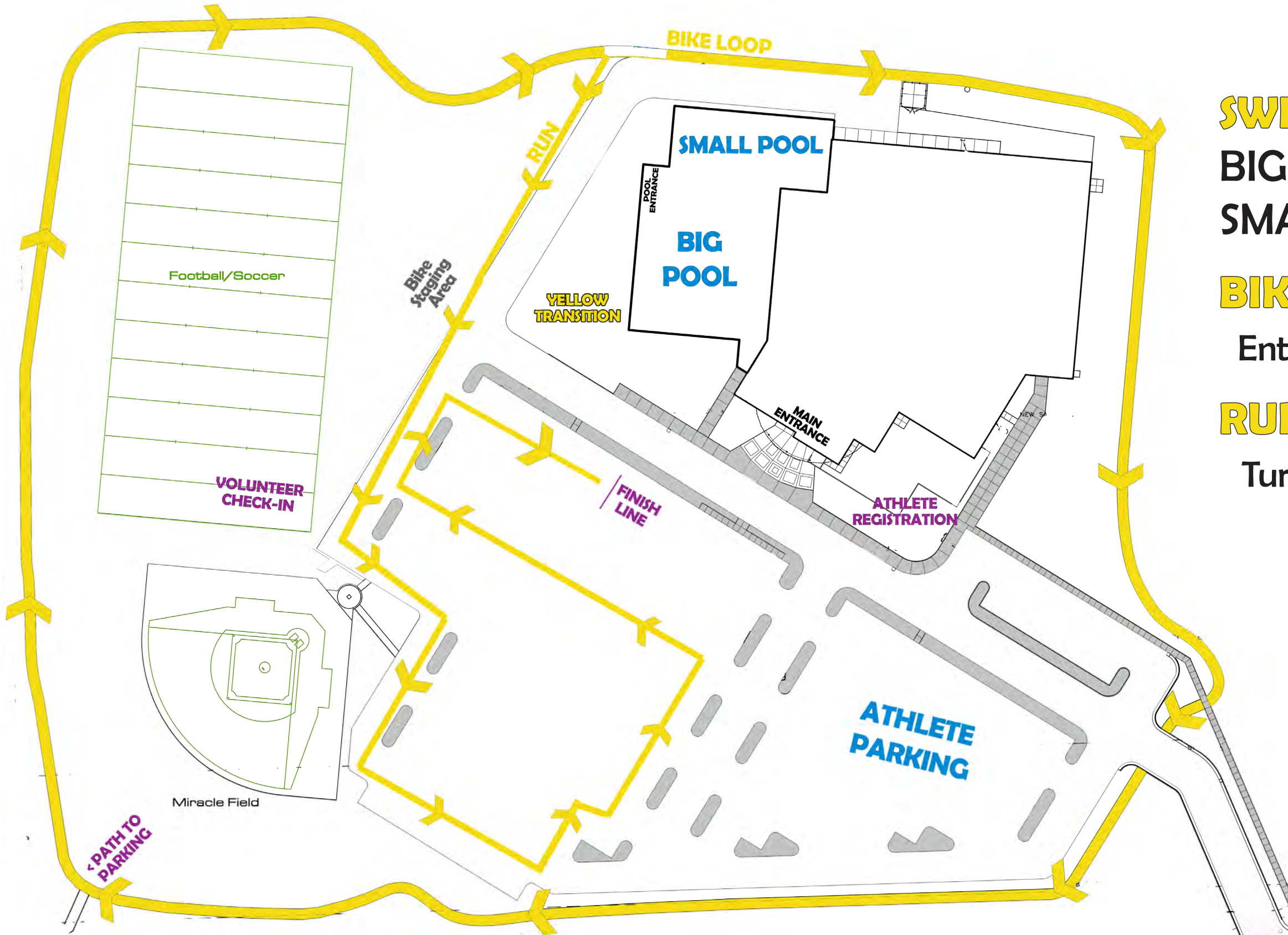


SWIM: 25 YARDS
BIG POOL = 1 LENGTH
SMALL POOL = 2 LENGTHS

BIKE: 1/4 MILE = 1/2 LAP
Enter Transition 2 drop-off Bike

RUN: 200 YARDS
Turn right towards Finish Line

YELLOW COURSE



SWIM: 50 YARDS
BIG POOL = 2 LENGTHS
SMALL POOL = 4 LENGTHS

BIKE: 1/2 MILE = 1 LAP
Enter Transition 2 drop-off Bike

RUN: 1/4 MILE
Turn right towards Finish Line