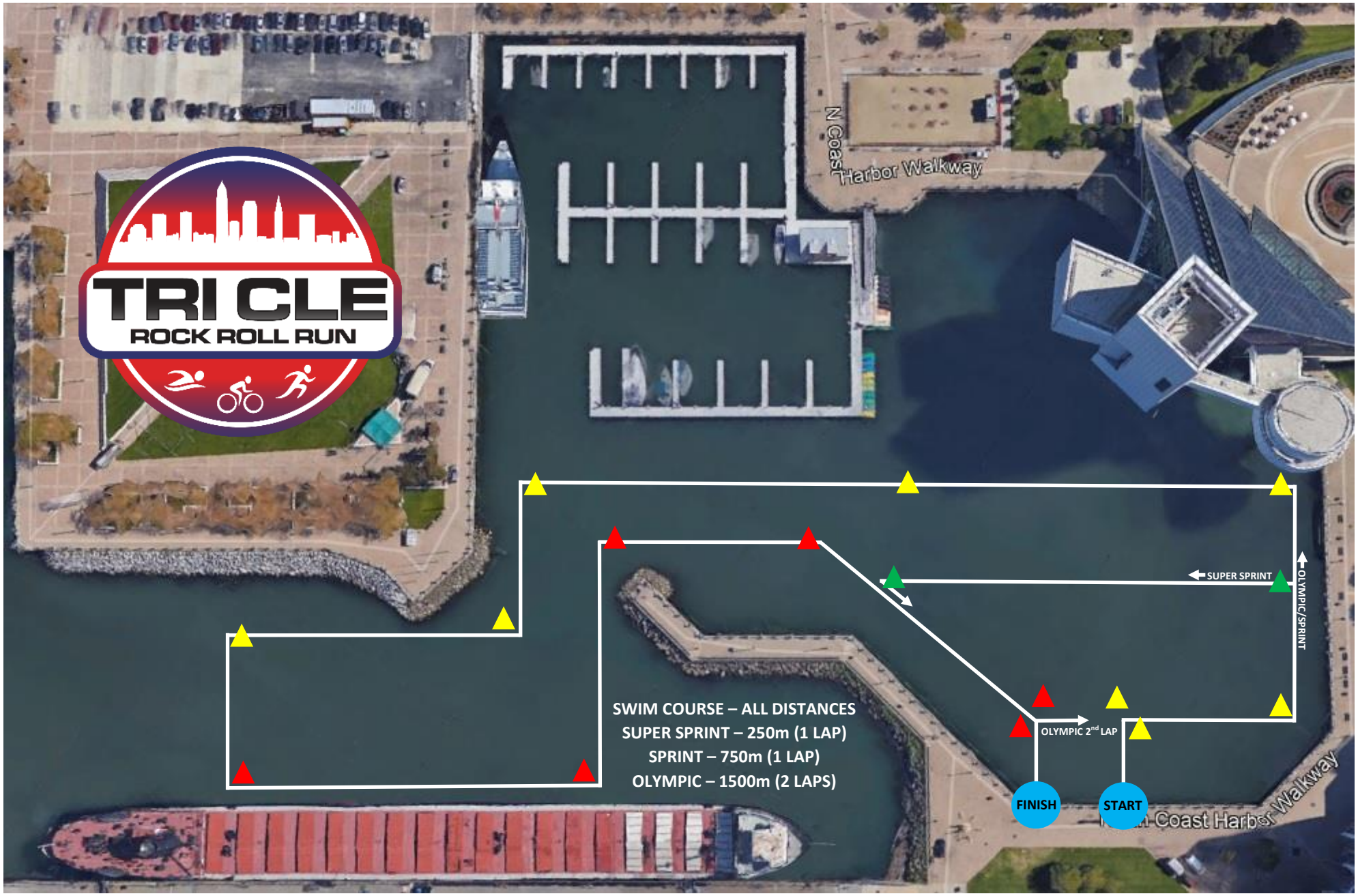
TRI CLE
ROCK ROLL RUN
N Coast Harbor Walkway
SUPER SPRINT
OLYMPIC/SPRINT
OLYMPIC 2nd LAP
FINISH
START
SWIM COURSE – ALL DISTANCES
SUPER SPRINT – 250m (1 LAP)
SPRINT – 750m (1 LAP)
OLYMPIC – 1500m (2 LAPS)