



SPRINT

750 YARDS

1 LOOP

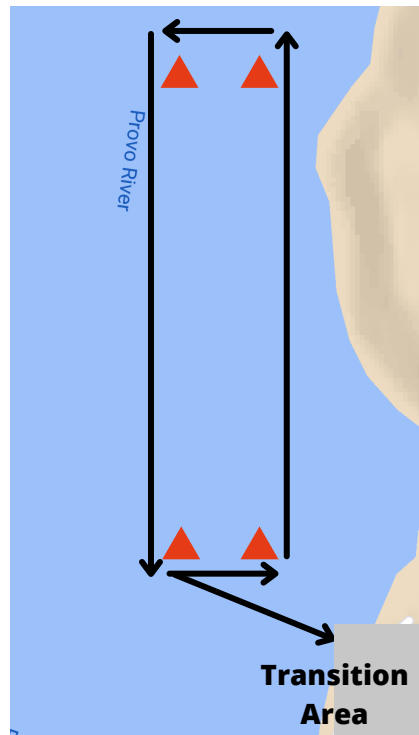
OLYMPIC

1500 YARDS

2 LOOPS



SWIM COURSE





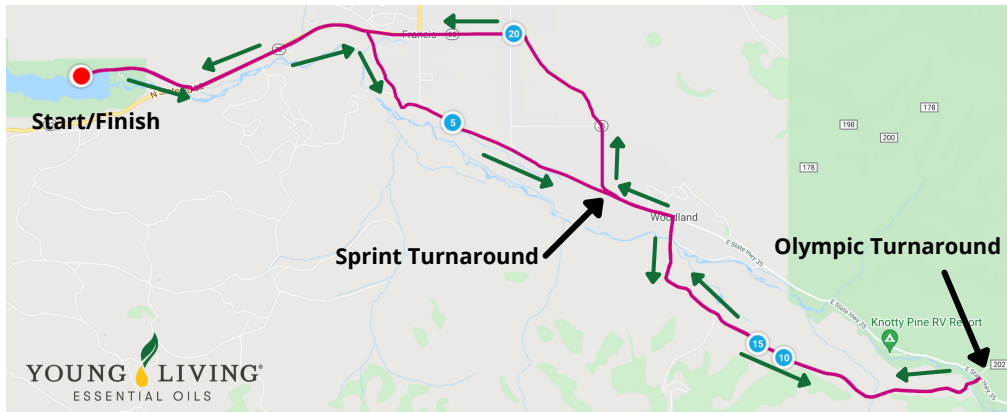
BIKE COURSE

SPRINT

**14 MILES
OUT & BACK**

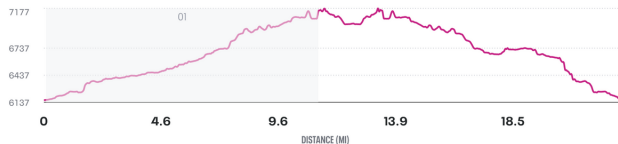
OLYMPIC

**25 MILES
OUT & BACK**



↗ ELEVATION (FT)

START	MAX	GAIN
6,162 ft	7,177 ft	1,360 ft



AVG. GRADE

ELEVATION

DISTANCE

1.6%

GAIN

964 ft

LENGTH 11.15 mi



RUN COURSE

SPRINT

3 MILES

OLYMPIC

5 MILES

