



# SWIM COURSE

## SPRINT

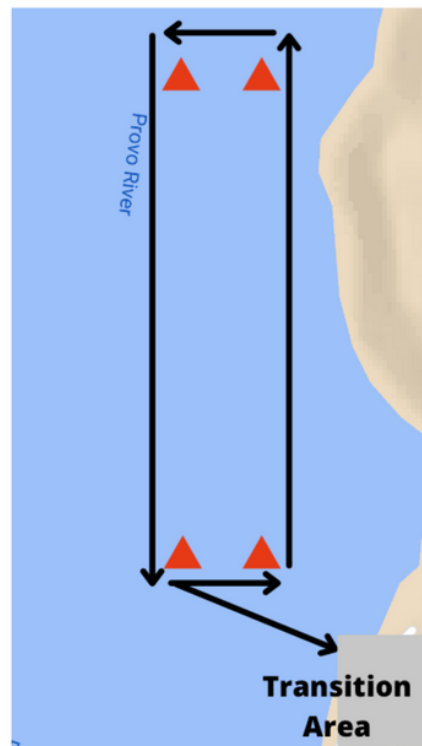
**750 YARDS**

**(1 LOOP)**

## OLYMPIC

**1500 YARDS**

**(2 LOOPS)**



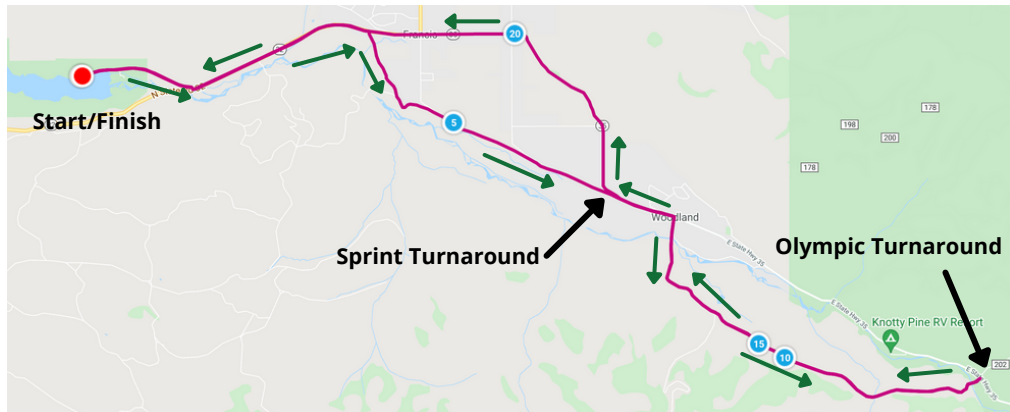
# BIKE COURSE

## SPRINT

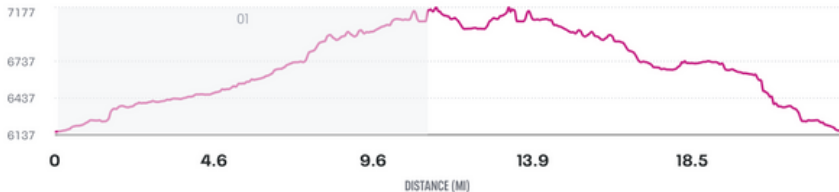
**14 MILES**  
**OUT & BACK**

## OLYMPIC

**25 MILES**  
**OUT & BACK**



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



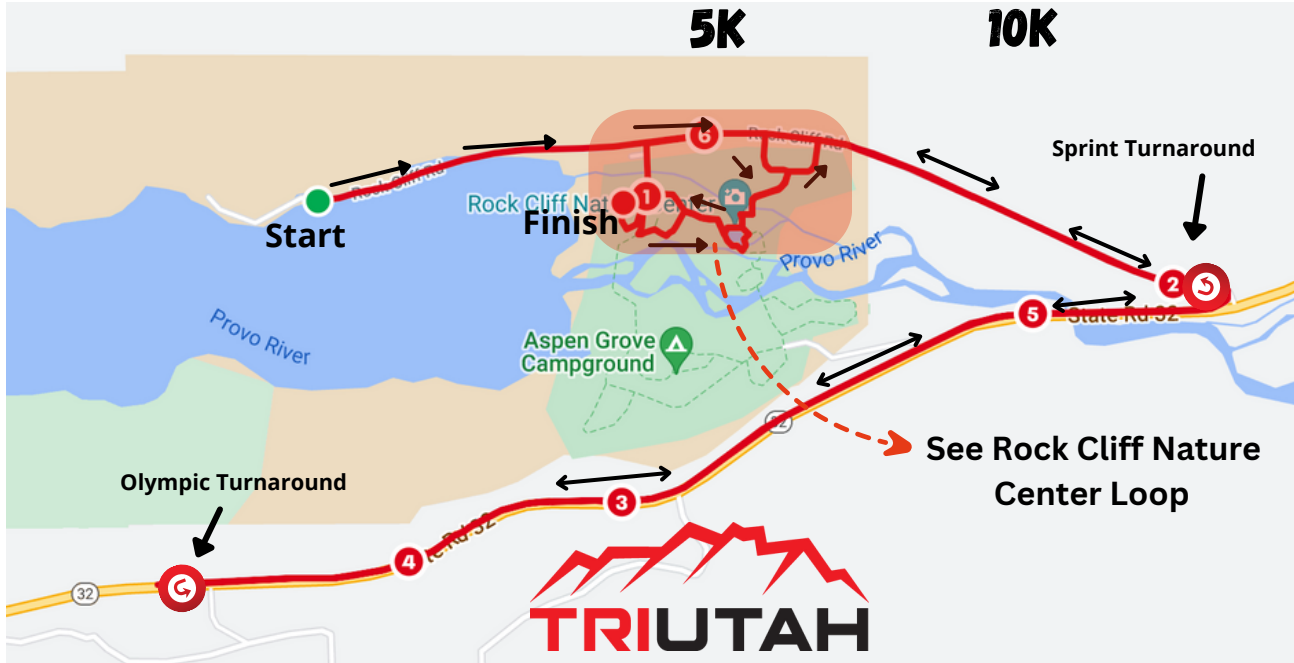
# RUN COURSE

SPRINT

OLYMPIC

5K

10K





**JORDANELLE**  
TRIATHLON

# RUN COURSE

**Rock Cliff Nature Center Loop**

