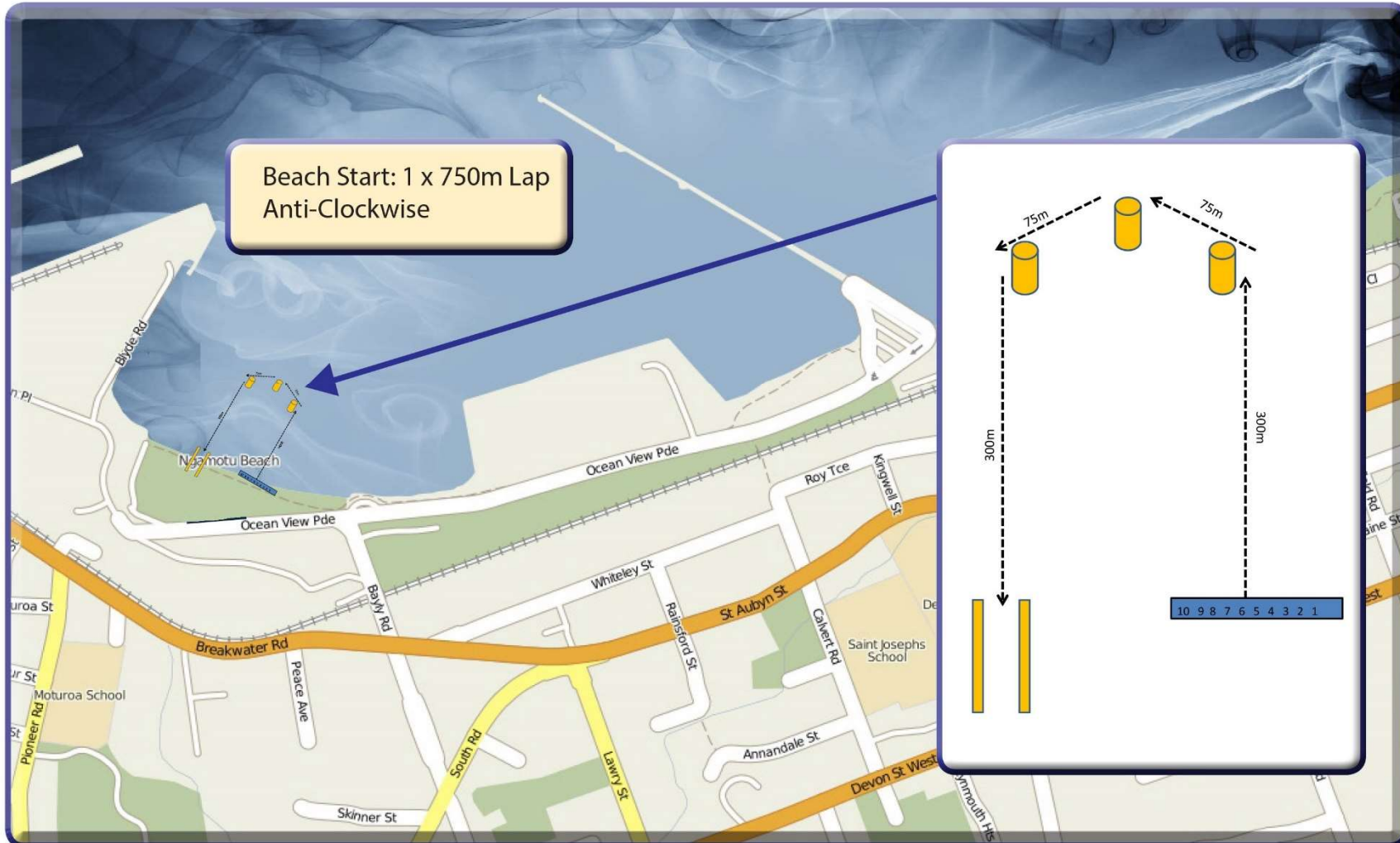


Sprint 750m SWIM Course - 1 Lap



Sprint 18.5km CYCLE Course - 4 laps

- Entry/Exit onto course
- 4x laps of 4.5km + 500m



Graph: Min, Avg, Max Elevation: 10, 27, 62 m
Range Totals: Distance: 4.53 km Elev Gain/Loss: 75.6 m, -75.6 m Max Slope: 11.2%, -10.5% Avg Slope: 3.6%, -3.0%



Sprint 5km RUN Course - 3 laps

