

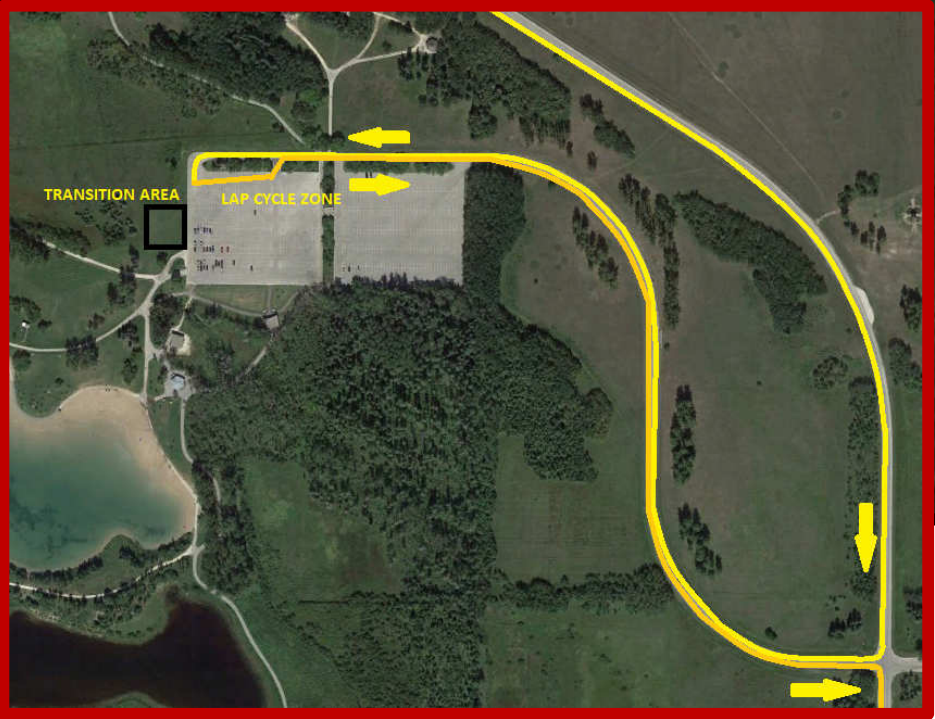
TRIPLE THREAT TRIATHLON @ BIRDS HILL PARK

ADULT BIKE COURSE(S) – SPRINT / OLYMPIC / TRY-A-TRI / AQUABIKE / DUATHLON

TRY-A-TRI - 13.3 KM - 1 LAP
SPRINT TRI - 26.6 KM - 2 LAPS
DUATHLON - 26.6 KM - 2 LAPS
OLYMPIC TRI - 40.0 KM - 3 LAPS
AQUABIKE - 40.0 KM - 3 LAPS



ALL LAPS ARE CLOCKWISE



*****ATHLETES MUST CIRCLE INTO THE TRANSITION AREA WITH EACH LAP TO ENSURE LAPS ARE COUNTED*****