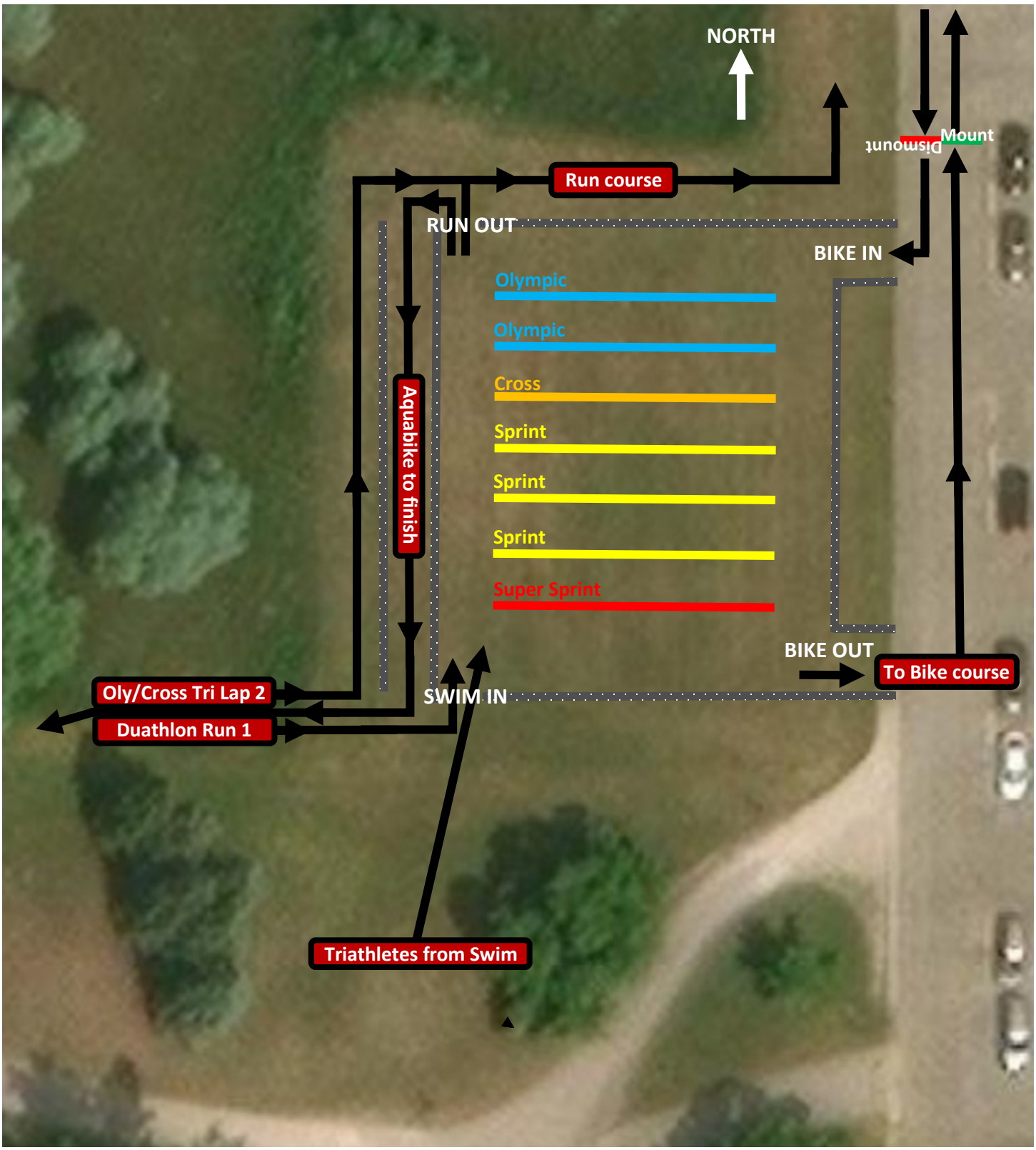
TRANSITION


NORTH
Mount
Dismount
Run course
RUN OUT
BIKE IN
Olympic
Olympic
Cross
Sprint
Sprint
Sprint
Super Sprint
Aquabike to finish
BIKE OUT
To Bike course
Oly/Cross Tri Lap 2
Duathlon Run 1
SWIM IN
Triathletes from Swim