



**1-SWIM**  
**2-TRANSITION**  
**3-BIKE**  
**SHORT 3 LAPS**  
**LONG 10 LAPS**  
**4-TRANSITION**  
**5-RUN**  
**SHORT 1 LAPS**  
**LONG 6 LAPS**

1-SWIM

2 & 4  
Transition

CELEBRATION  
TENT

RUN &  
FINISH