



- Swim Exit →
- Run Lap 1 →
- Run Lap 2 & 3 →
- Transition T
- Medical +
- Finish F

Age Group	Swim	Bike	Run
16 and Over	700 m	2 laps/20 k	3 laps/5 km

**Run:** Exit north from transition and take a left. Continue along perimeter of parking lot to 18th. Right on 18th. Right on Foothills Right on 15th Right on George Paul Lane Continue for lap or slight left into finish chute