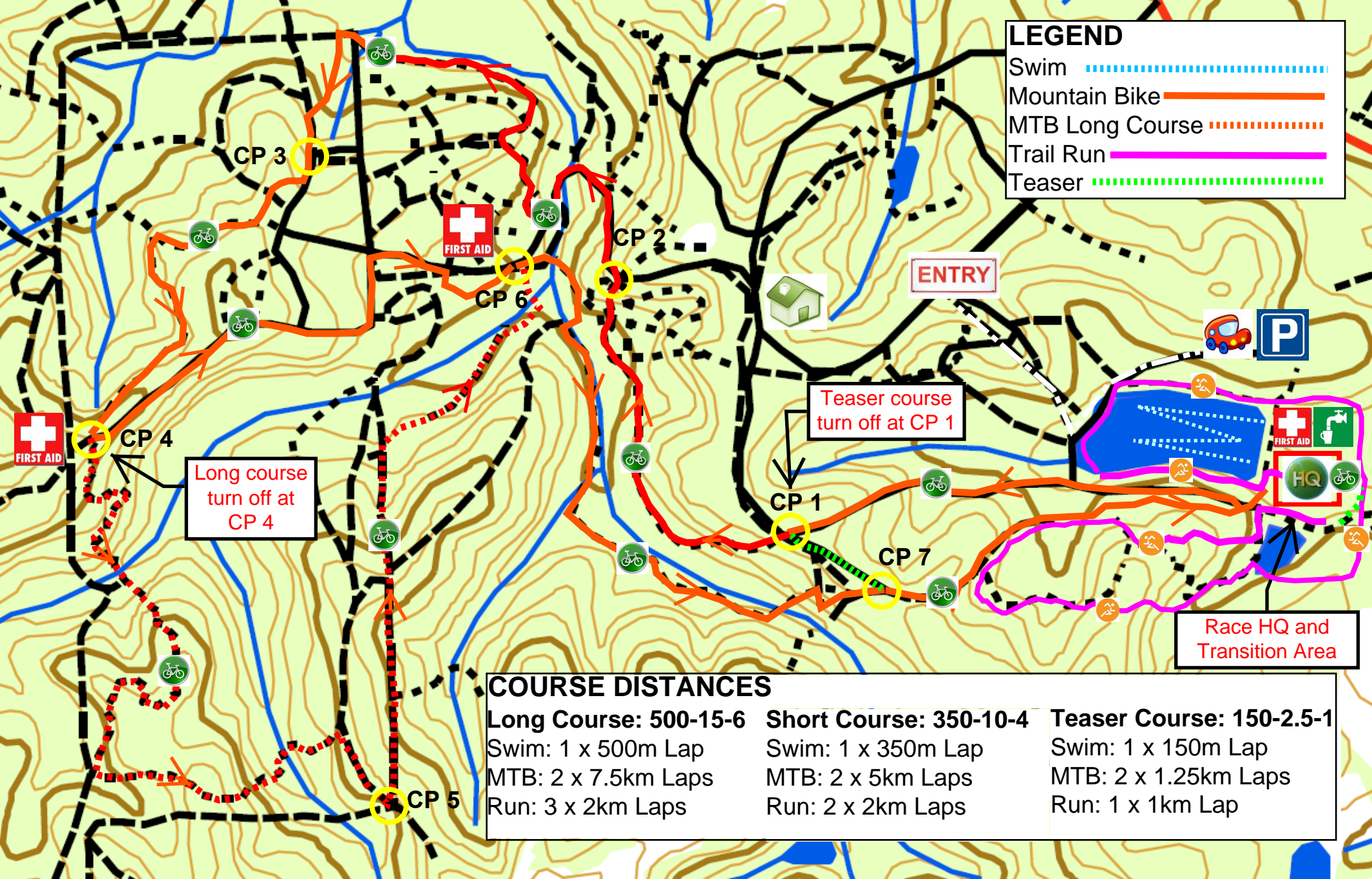


LEGEND

- Swim
- Mountain Bike
- MTB Long Course
- Trail Run
- Teaser



COURSE DISTANCES

Long Course: 500-15-6
 Swim: 1 x 500m Lap
 MTB: 2 x 7.5km Laps
 Run: 3 x 2km Laps

Short Course: 350-10-4
 Swim: 1 x 350m Lap
 MTB: 2 x 5km Laps
 Run: 2 x 2km Laps

Teaser Course: 150-2.5-1
 Swim: 1 x 150m Lap
 MTB: 2 x 1.25km Laps
 Run: 1 x 1km Lap