


# Standard Triathlon

-  swim 1.5k 2 LAPS
-  bike 40k 4 LAPS
-  transition
-  start
-  finish
-  aid station

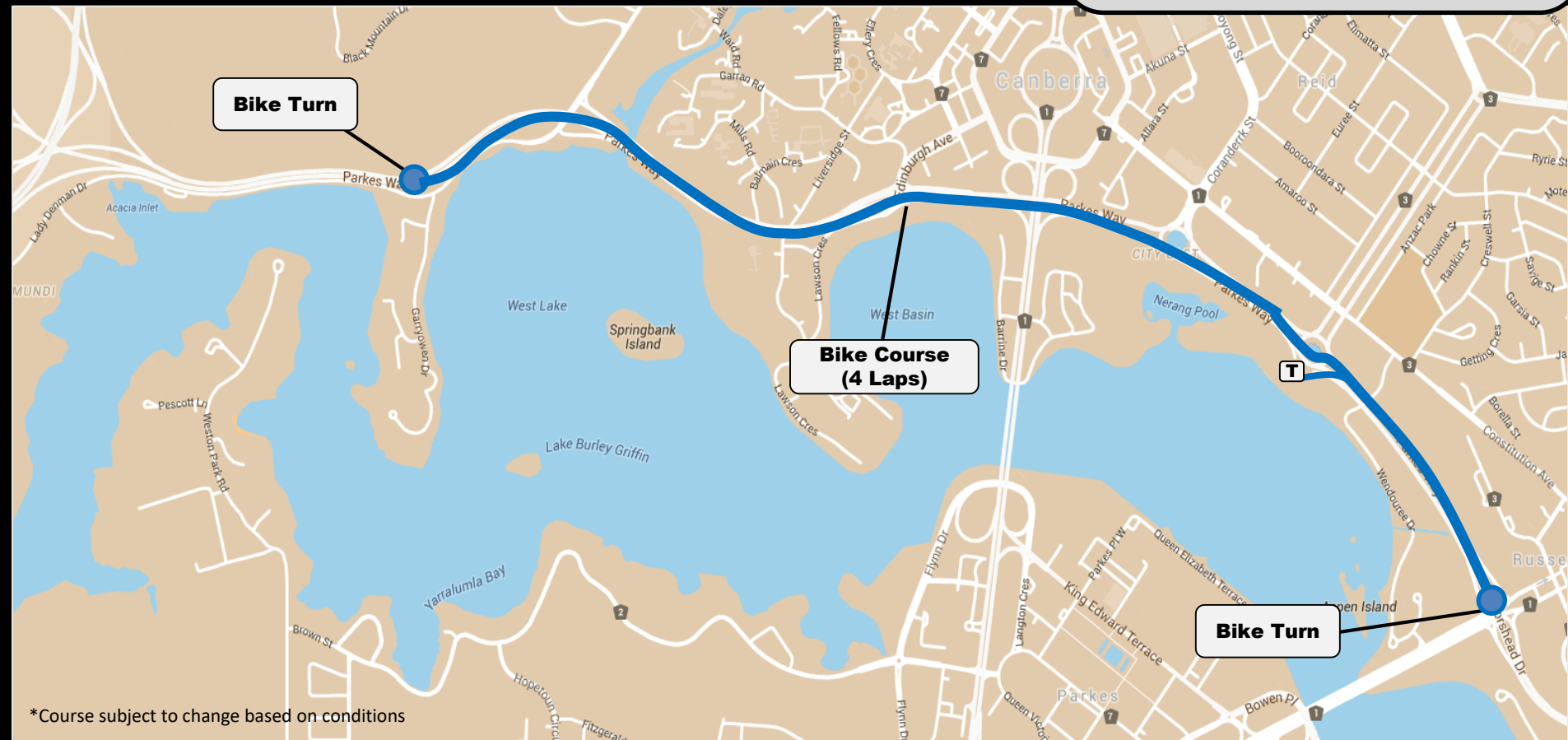


\*Course subject to change based on conditions

# Standard Triathlon Bike Course

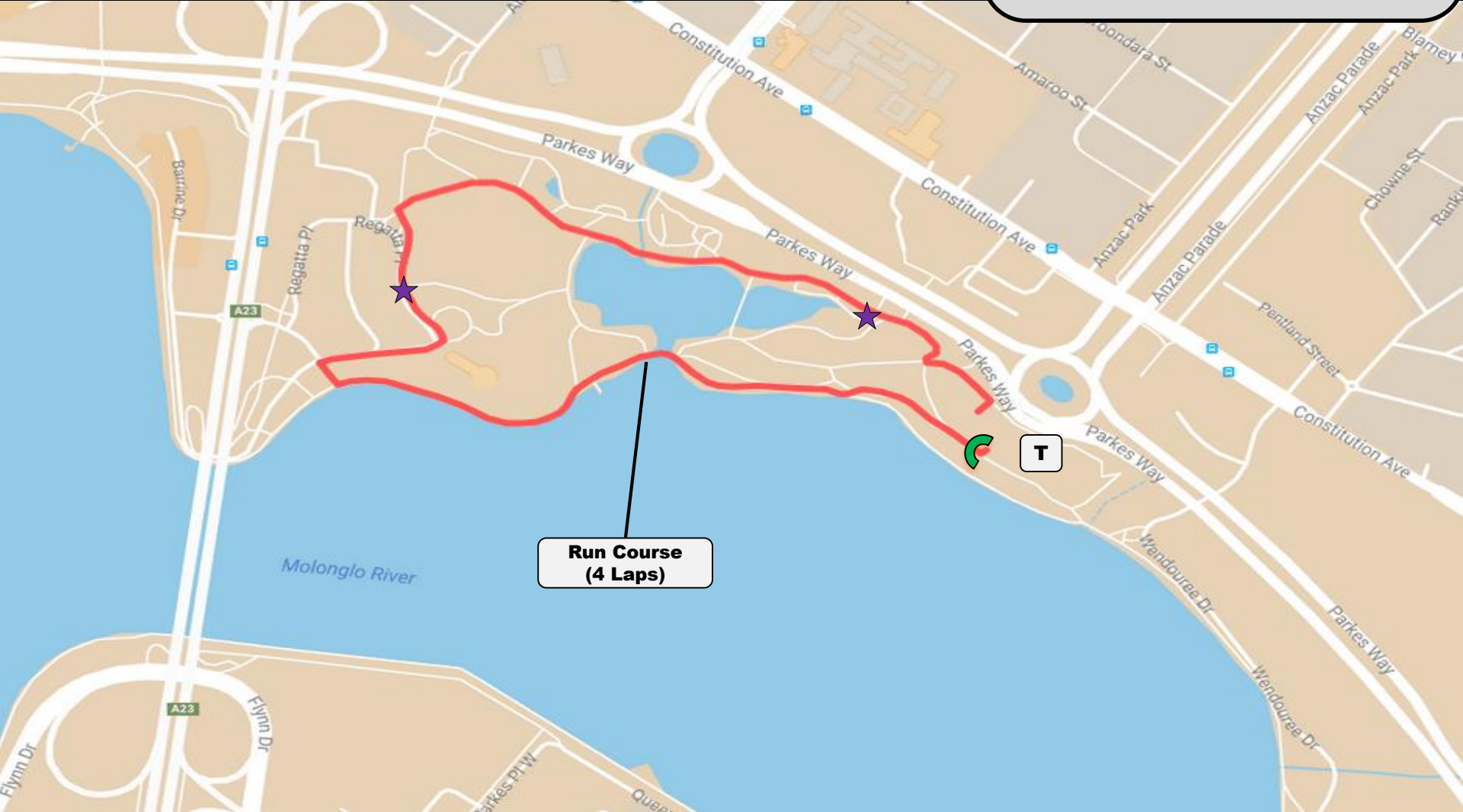
 **bike 40k 4LAPS**

 **transition**



# Standard Triathlon Run Course

-  **run 10k 4 LAPS**
-  **transition**
-  **start**
-  **finish**
-  **aid station**



**Run Course  
(4 Laps)**