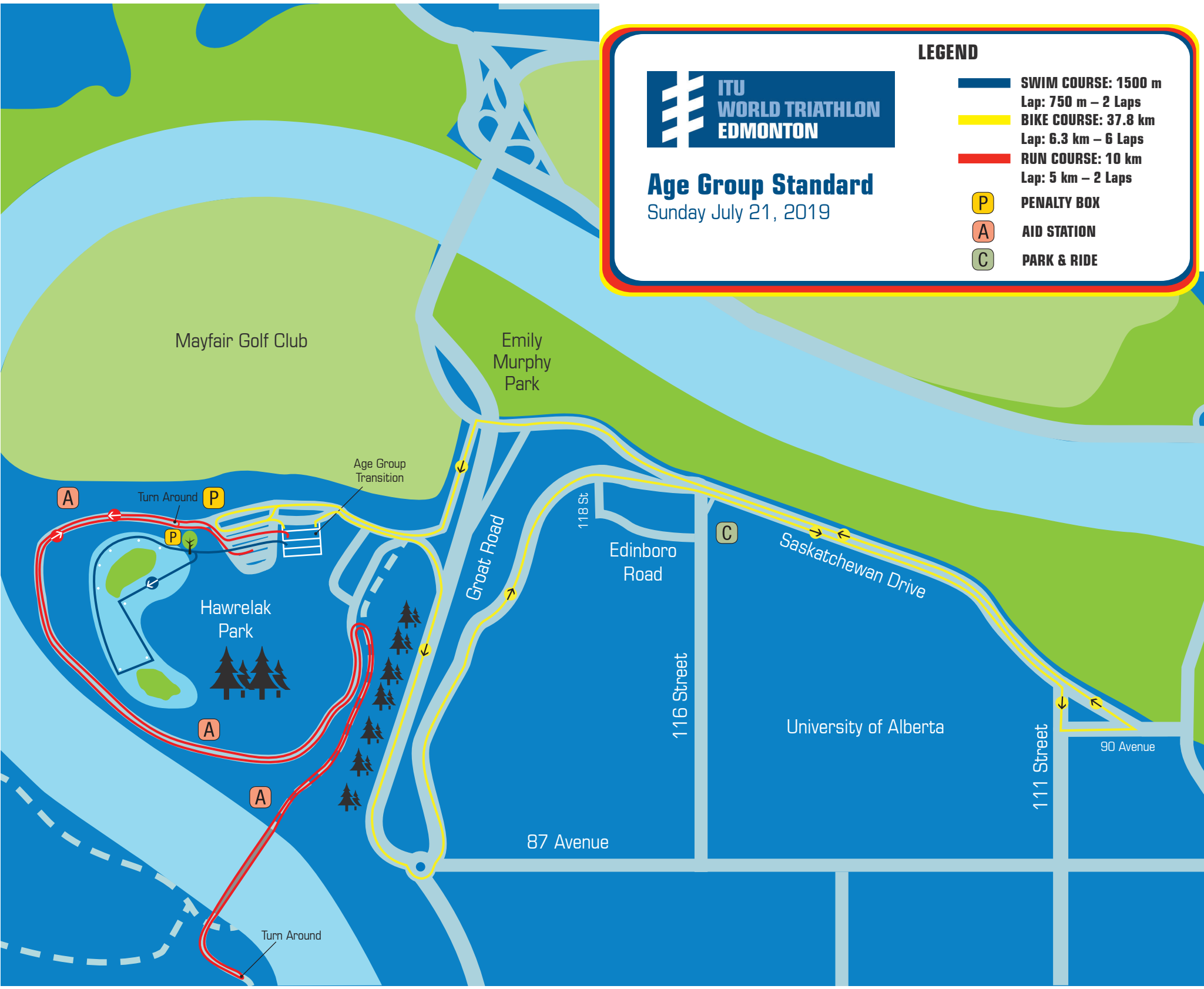


## Age Group Standard

Sunday July 21, 2019











### LEGEND

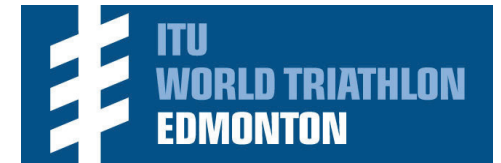
- SWIM COURSE: 1500 m  
Lap: 750 m – 2 Laps
- BIKE COURSE: 37.8 km  
Lap: 6.3 km – 6 Laps
- RUN COURSE: 10 km  
Lap: 5 km – 2 Laps
- PENALTY BOX
- AID STATION
- PARK & RIDE





**LEGEND**

-  SWIM COURSE
-  BIKE COURSE
-  RUN COURSE
-  PENALTY BOX
-    START
-    FINISH



**Age Group Standard  
Transition Map**

Sunday July 21, 2019