



- SWIM - SPRINT 500m.
- SWIM - INTERMEDIATE 1500m.
- BIKE - 11/21mi. INTERMEDIATE IS A 2 LOOP COURSE
- RUN - 3/5.5mi. INTERMEDIATE IS A 2 LOOP COURSE
- T TRANSITION Area
- W WATER Station
- B BAND Stages
- + MEDICAL Station
- R RESTROOMS

