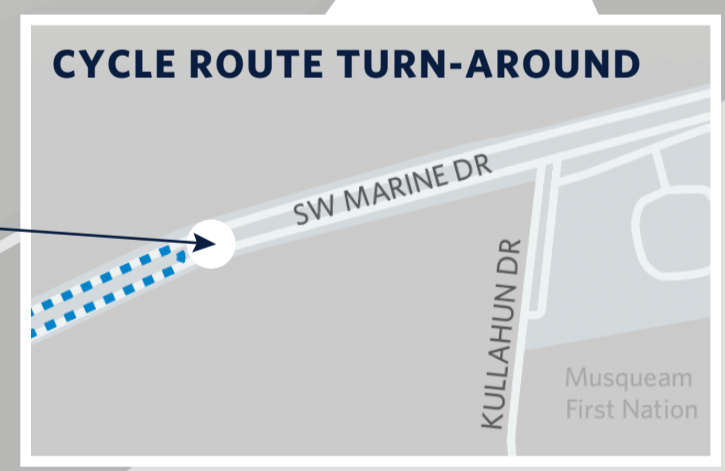
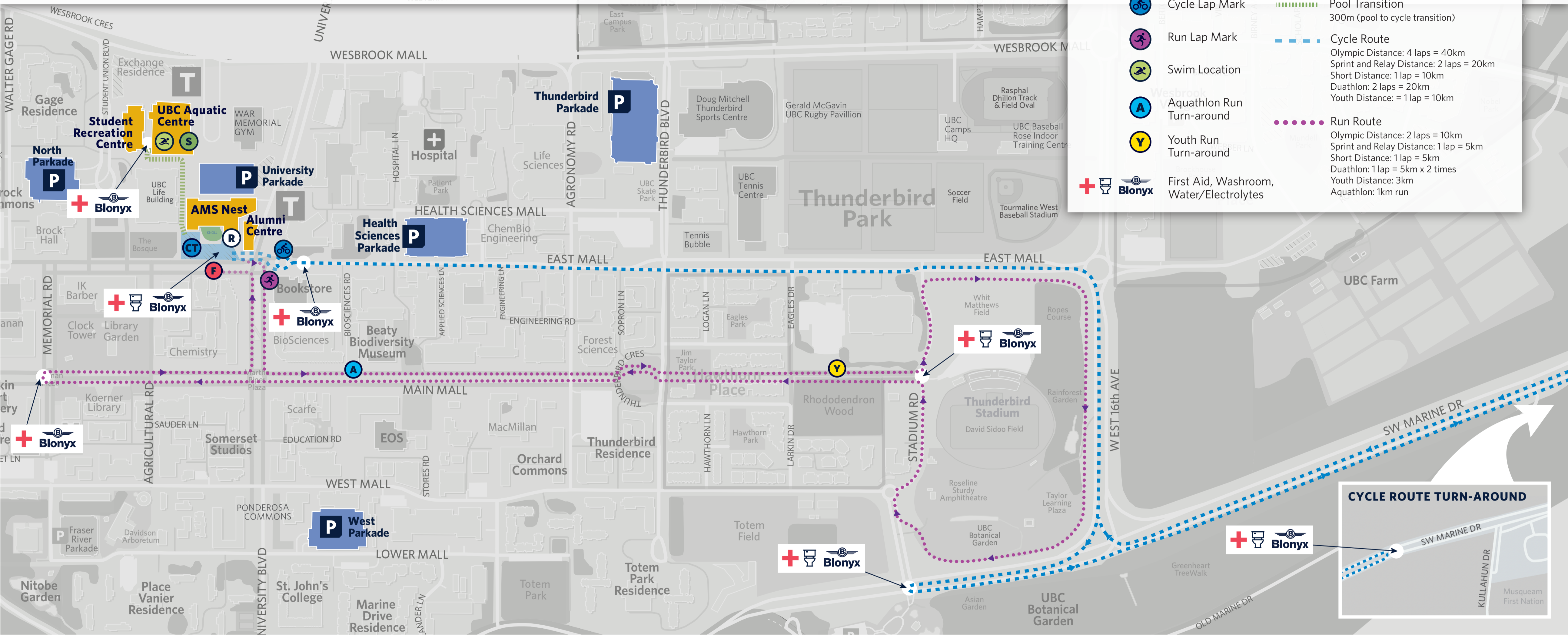
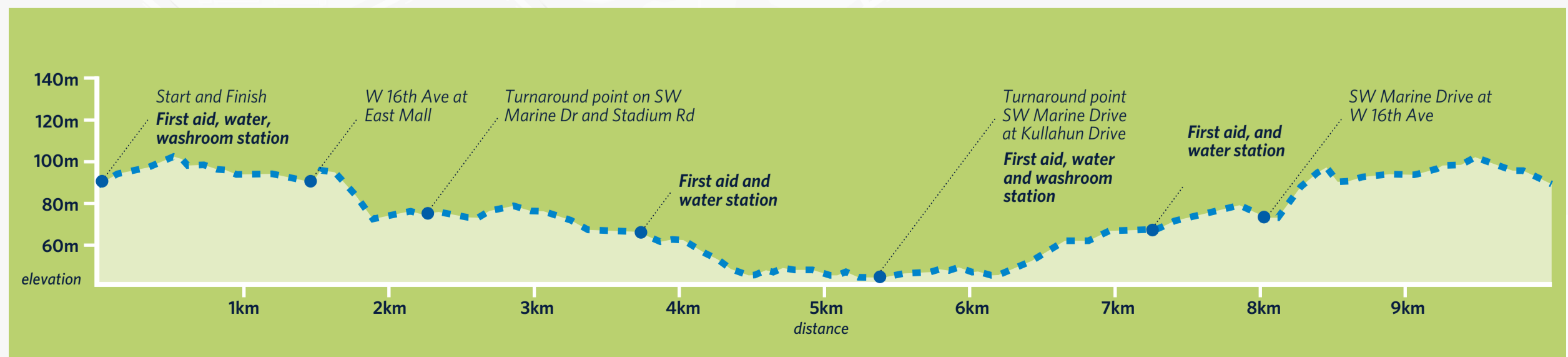


# PARTICIPANT ROUTE MAP

<b>S</b> Start (Triathlon)	<b>R</b> Registration
<b>F</b> Finish (all races)	<b>CT</b> Cycle Transition
Cycle Lap Mark	Pool Transition 300m (pool to cycle transition)
Run Lap Mark	Cycle Route Olympic Distance: 4 laps = 40km Sprint and Relay Distance: 2 laps = 20km Short Distance: 1 lap = 10km Duathlon: 2 laps = 20km Youth Distance: = 1 lap = 10km
Swim Location	Run Route Olympic Distance: 2 laps = 10km Sprint and Relay Distance: 1 lap = 5km Short Distance: 1 lap = 5km Duathlon: 1 lap = 5km x 2 times Youth Distance: 3km Aquathlon: 1km run
<b>A</b> Aquathlon Run Turn-around	Blonyx First Aid, Washroom, Water/Electrolytes
<b>Y</b> Youth Run Turn-around	



**CYCLE ROUTE ELEVATION**



**RUN ROUTE ELEVATION**

