

**Swim Course
(500 Meters)**

Lanes
1 2 3 4 5 6 7 8 9 10

This end of the pool will
remain open during the race
for warm-up

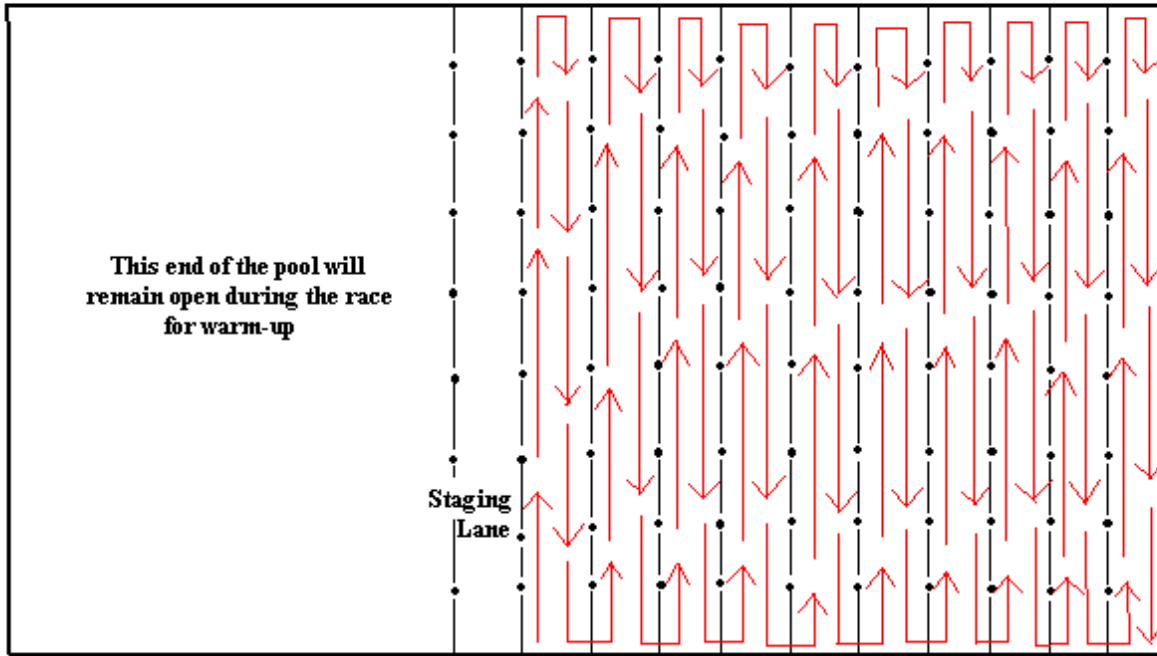
Staging
Lane

Start

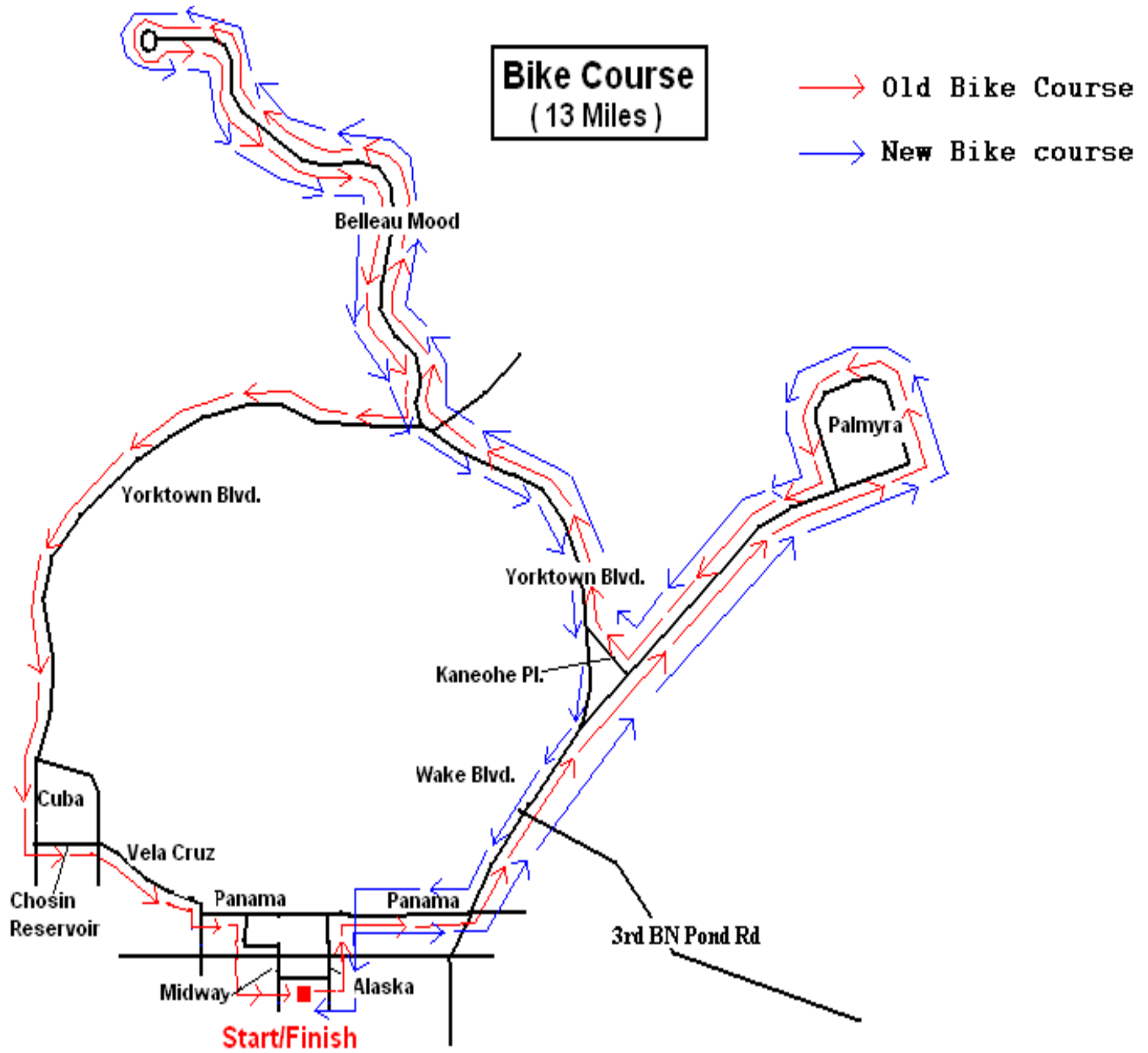
Finish

Line up for swim start

To Transition Area



NOTE: NEW COURSE IS 10 MILES



→ Old Run Course

→ New Run Course

RUN COURSE

5K

