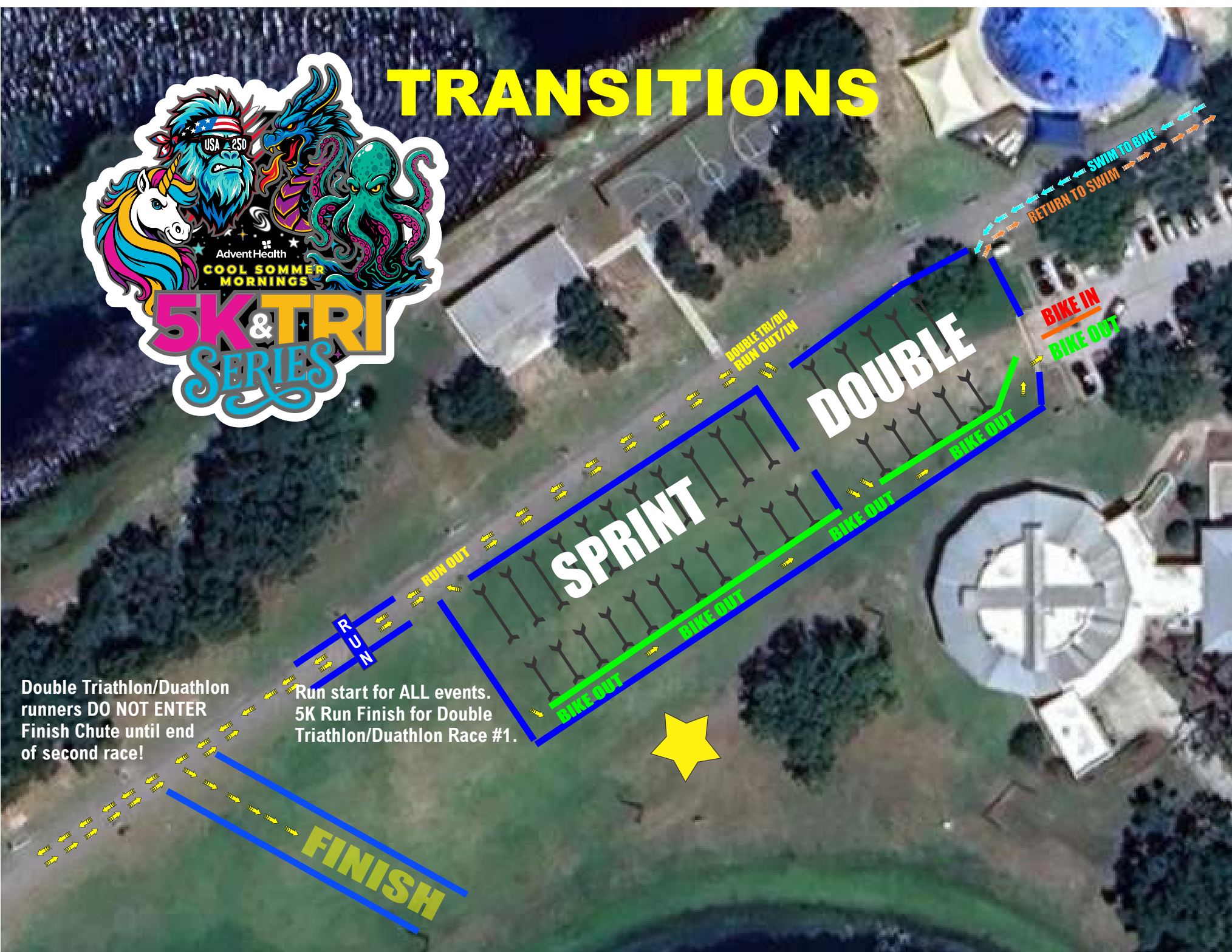


# TRANSITIONS



Double Triathlon/Duathlon runners DO NOT ENTER Finish Chute until end of second race!

Run start for ALL events.  
5K Run Finish for Double Triathlon/Duathlon Race #1.

FINISH

RUN

SPRINT

DOUBLE

BIKE IN  
BIKE OUT

RETURN TO SWIM

SWIM TO BIKE

