



**Bike**

**Division 1:** Swim 4 laps / Bike 3 laps / Run 4 laps  
**Division 2:** Swim 2 laps / Bike 2 laps / Run 2 laps  
**Division 3:** Swim 1 laps / Bike 1 lap / Run 1 lap

**Swim Lap:** across pool and back—50 yards  
**Bike Lap:** 1 loop—1 mile  
**Run Lap:** 1 loop—1/4 mile

Moore St.

Puget St.

Potter St.

Orleans St.

**Swim**

**Run**

Transition

Finish