



RIVER

Swim Exit

Run Out SPRINT

Run Out INTERNATIONAL

PORTA JOHN

PORTA JOHN

TEAMS

INTERNATIONAL

425-447

401-424

TRANSITION AREA

SPRINT

110-121

98-109

290-313

86-97

266-289

74-85

242-265

62-73

218-241

50-61

194-217

170-193

26-37

146-169

14-25

122-145

2-13

Bike In ALL

Bike Out ALL

NASH'S MILL ROAD

Run In ALL

Run Out SPRINT

Run Out INTERNATIONAL

FINISH CHUTE

FINISH