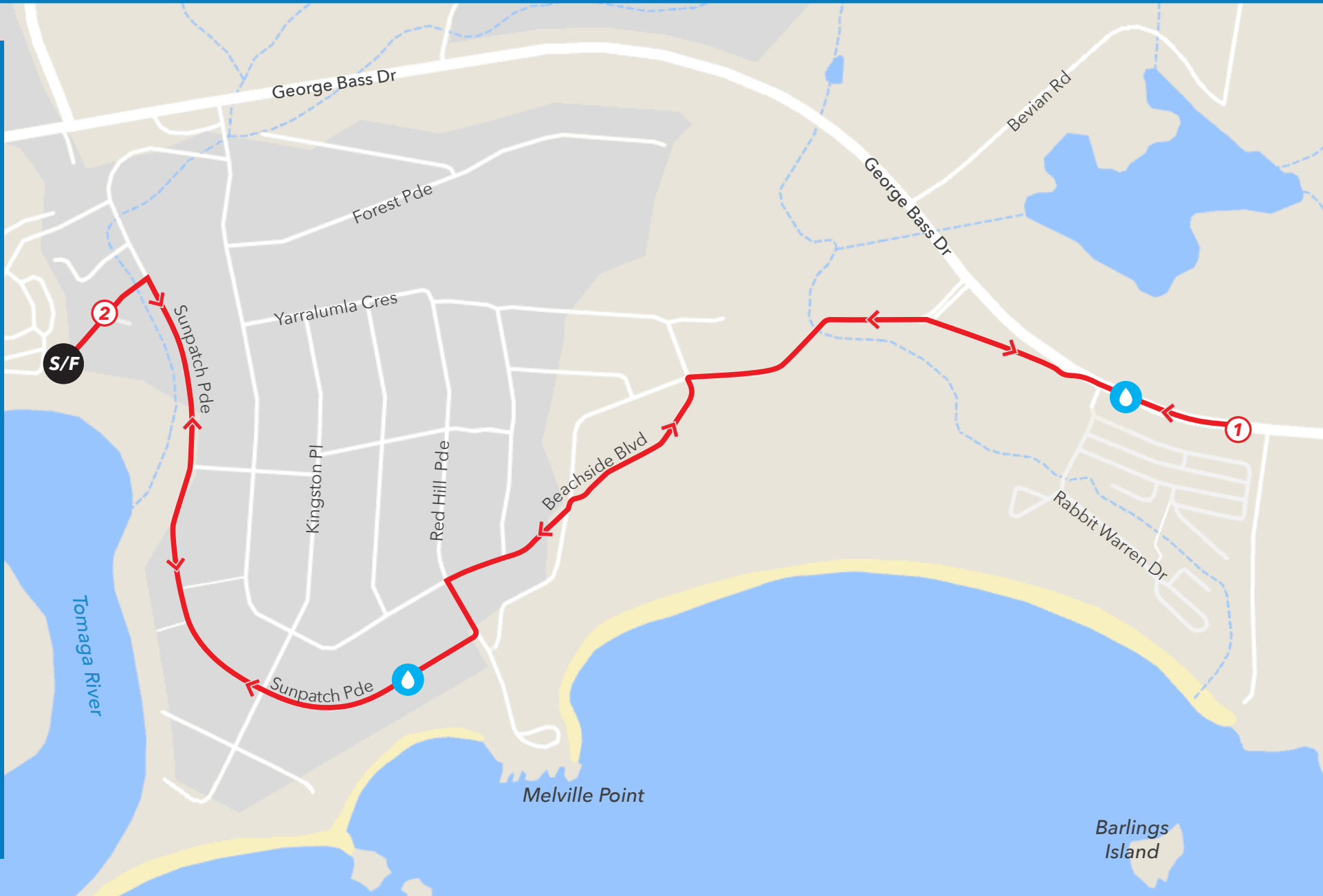
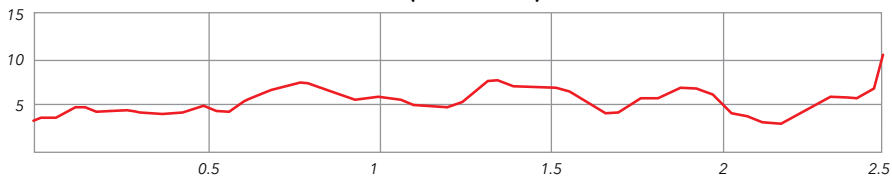


STANDARD

RUN
10 KM
2 LAPS



RUN COURSE ELEVATION (PER LAP)



S START
F FINISH

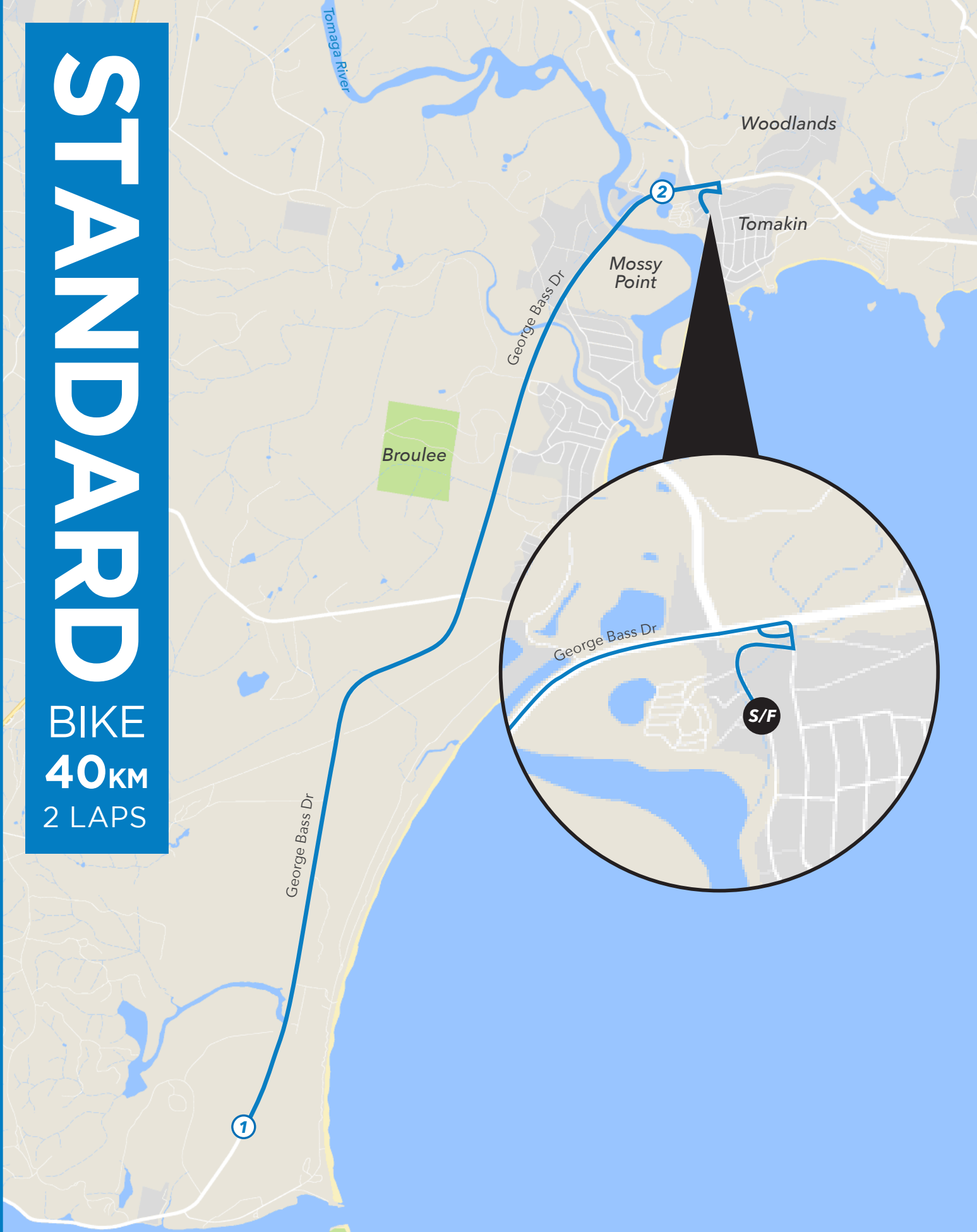
1 RUN TURN
AID STATION

RUN
SWIM

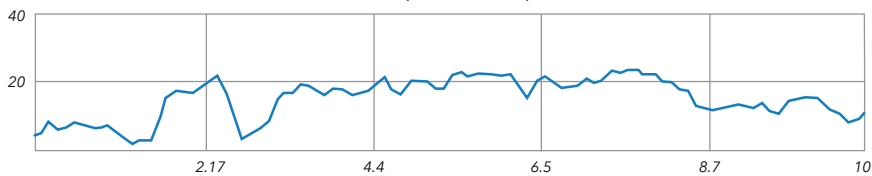
CAPITAL COAST
ULTIMATE
TRIATHLON FESTIVAL

STANDARD

BIKE
40KM
2 LAPS



BIKE COURSE ELEVATION (PER LAP)

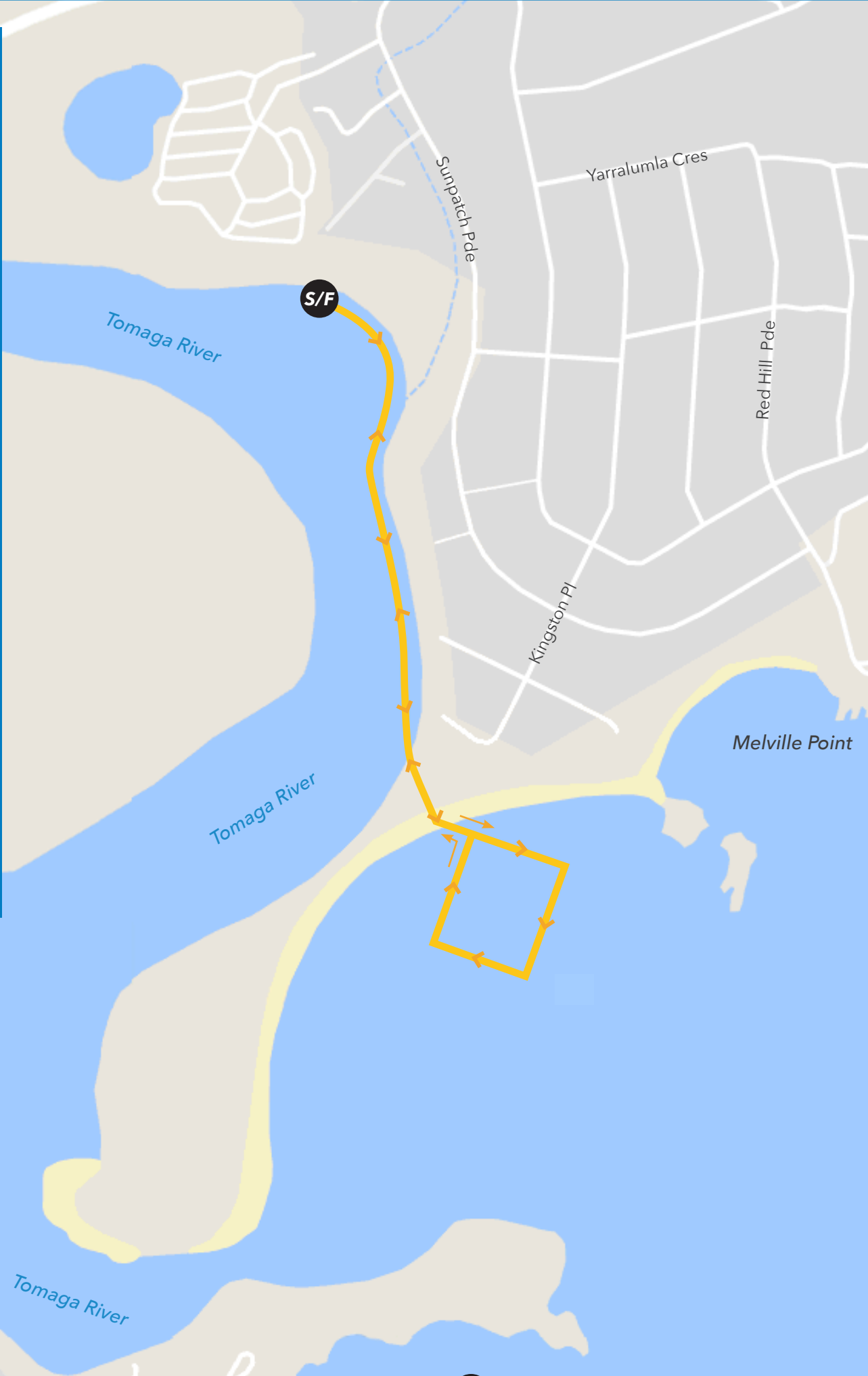


- S** START
- F** FINISH
- 1** BIKE TURN

CAPITAL COAST
ULTIMATE
TRIATHLON FESTIVAL

STANDARD

SWIM
1.5 KM
1 LAP



S START
F FINISH

CAPITAL COAST
ULTIMATE
TRIATHLON FESTIVAL