

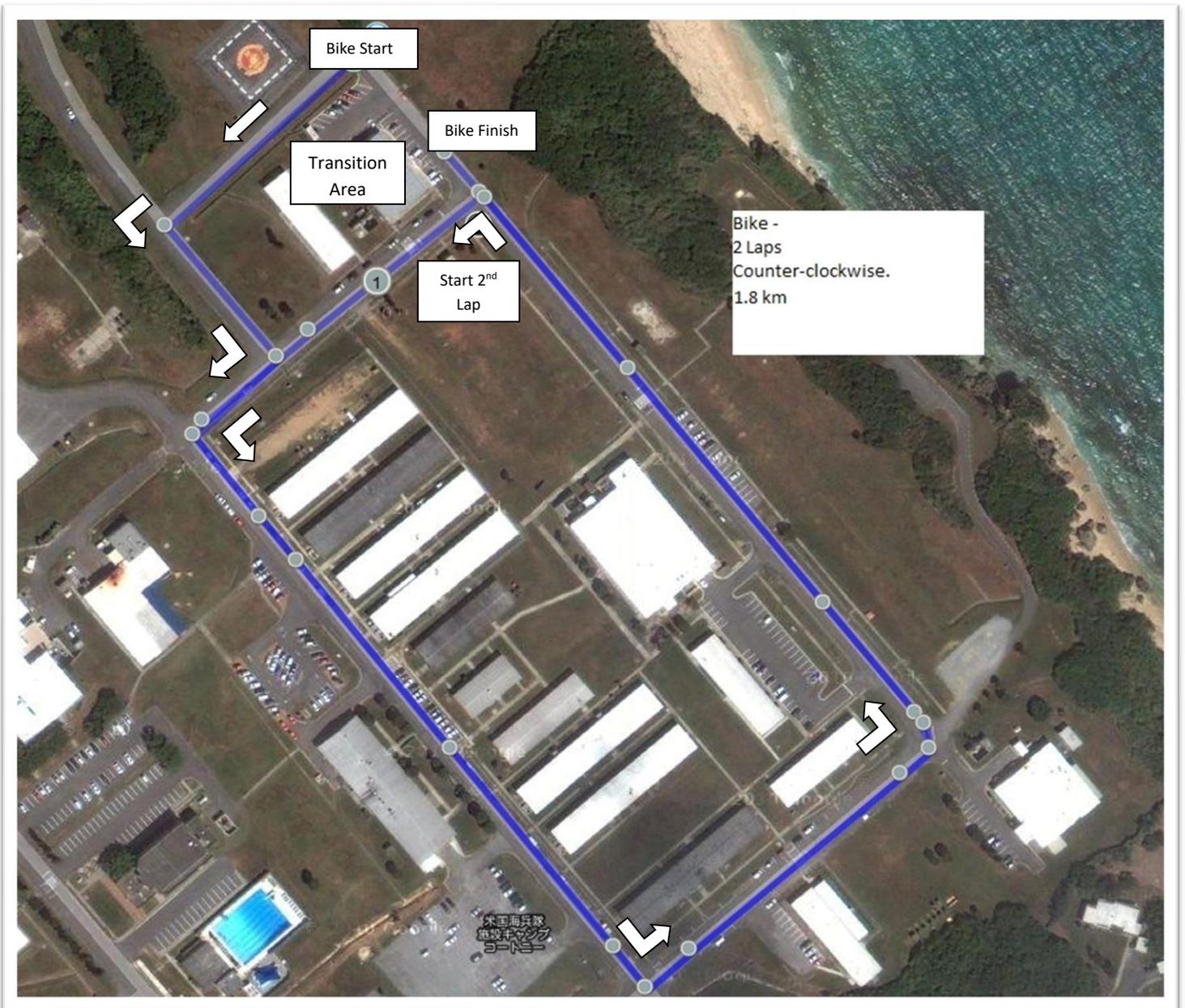
Swim: 25m out and back, total of 50m



Beach to Transition: 200 meters



Bike: 2 laps, counter-clockwise, 1.8km.



Run: 1 lap, clockwise, .91km

