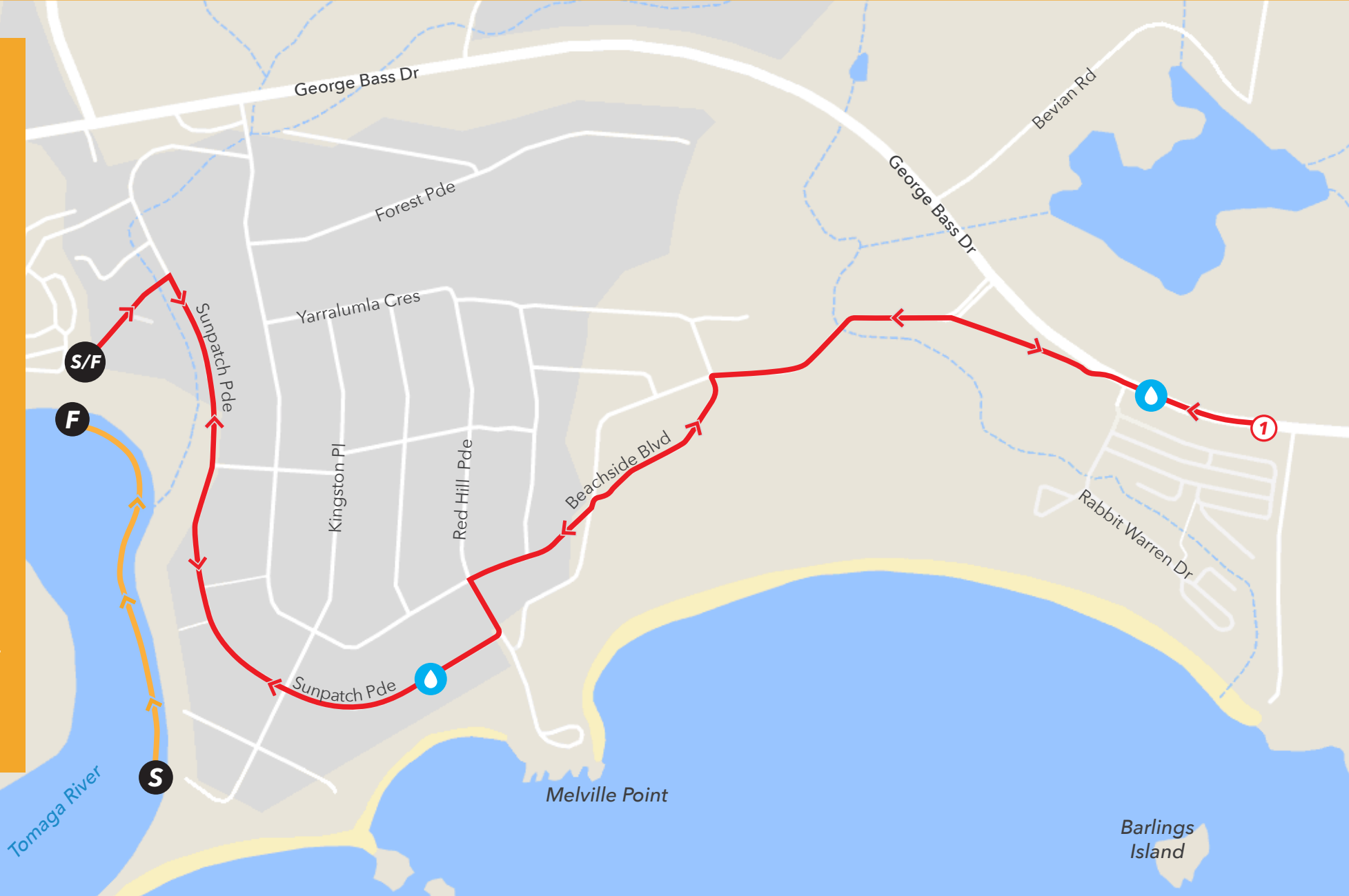


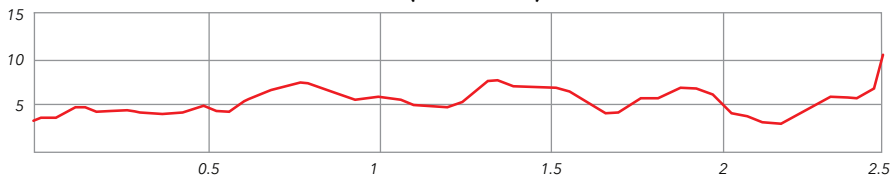
SPRINT

RUN
5KM

SWIM
600M



RUN COURSE ELEVATION (PER LAP)



S START
F FINISH

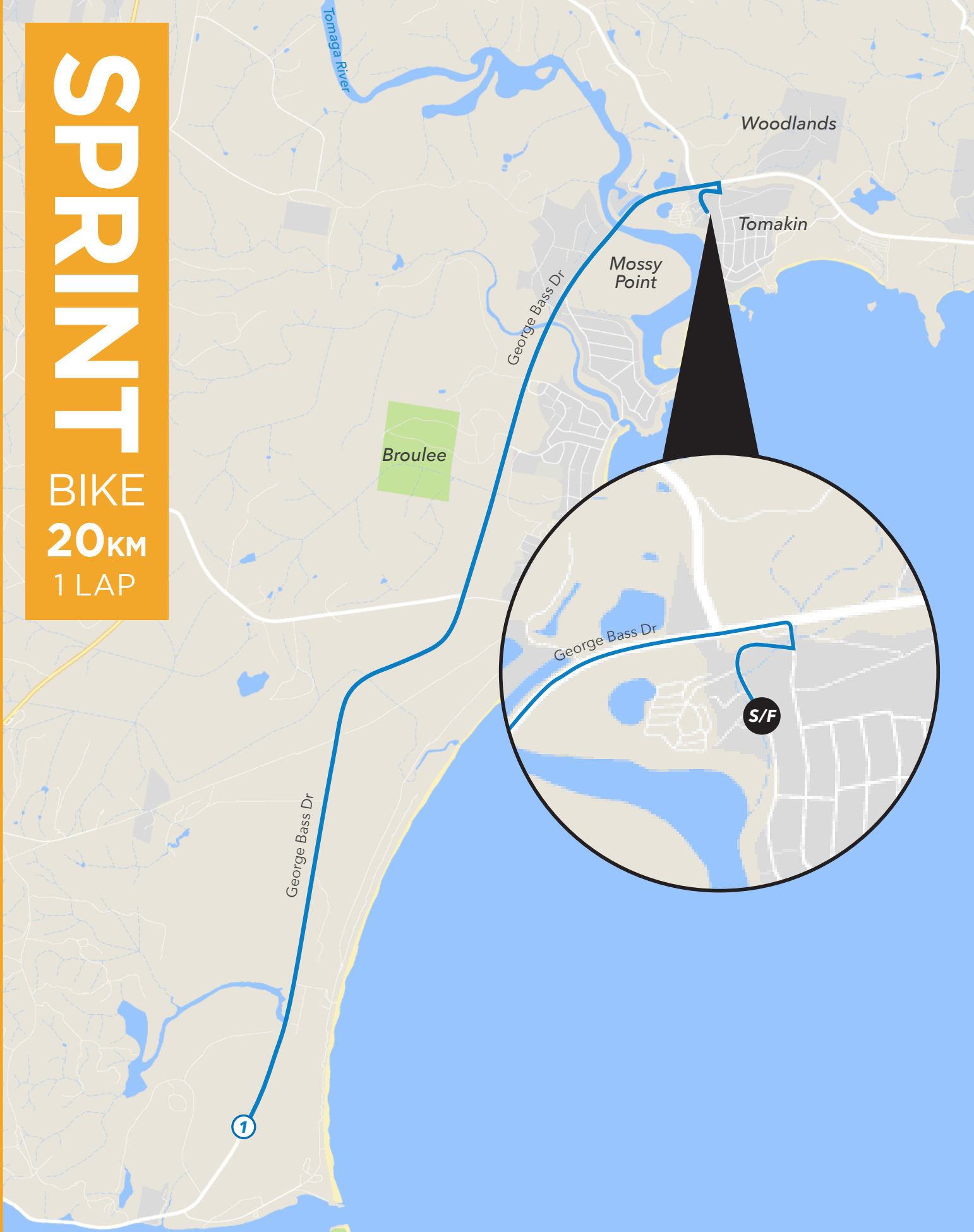
1 RUN TURN
AID STATION

— RUN
— SWIM

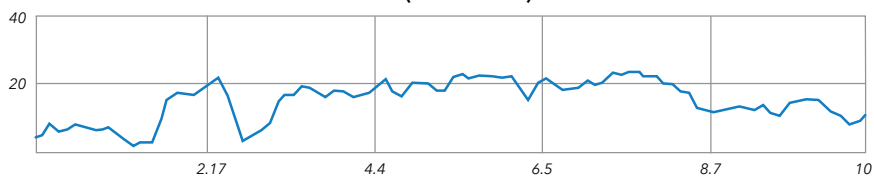
CAPITAL COAST
ULTIMATE
TRIATHLON FESTIVAL

SPRINT

BIKE
20KM
1 LAP



BIKE COURSE ELEVATION (PER LAP)



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

CAPITAL COAST
ULTIMATE
TRIATHLON FESTIVAL