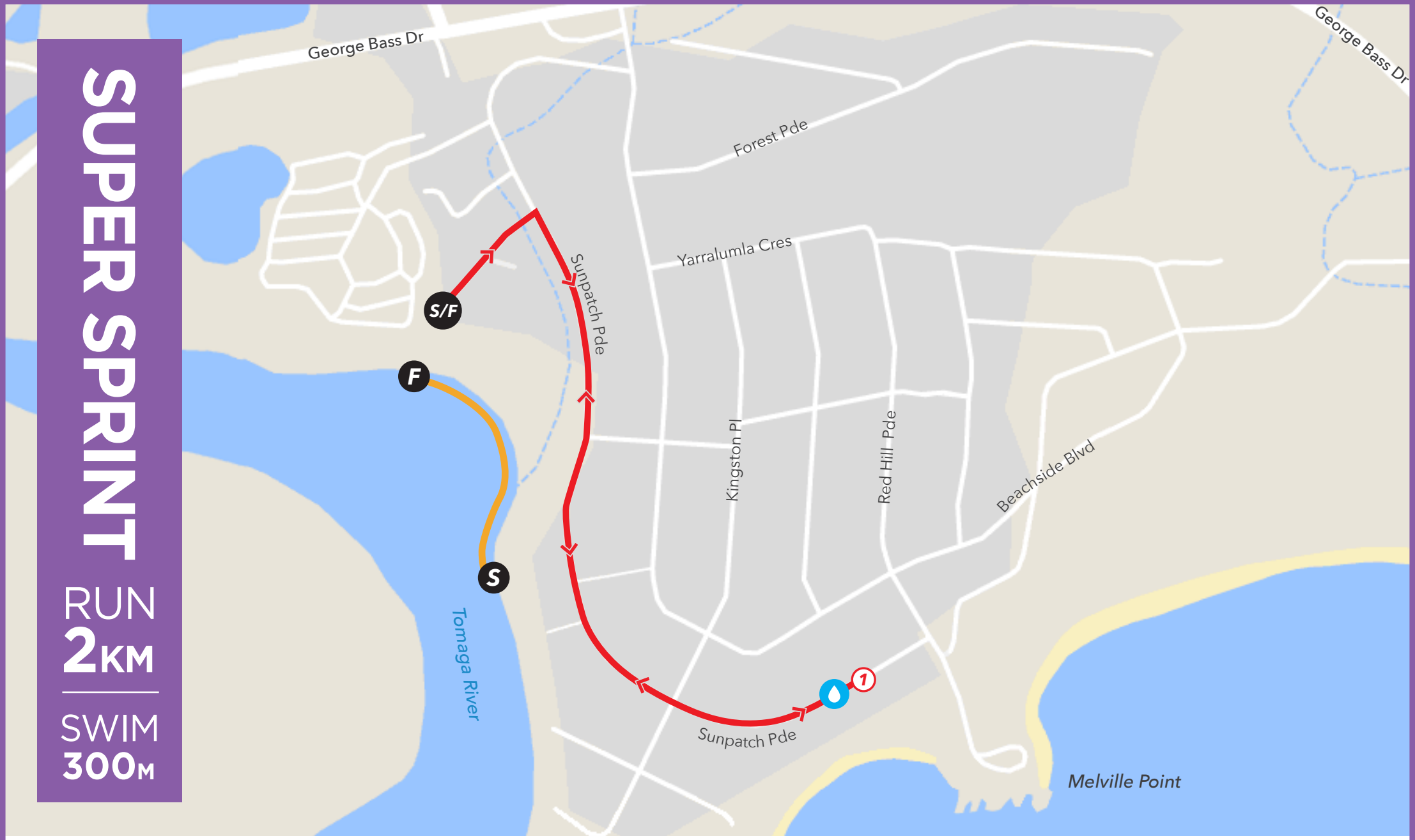
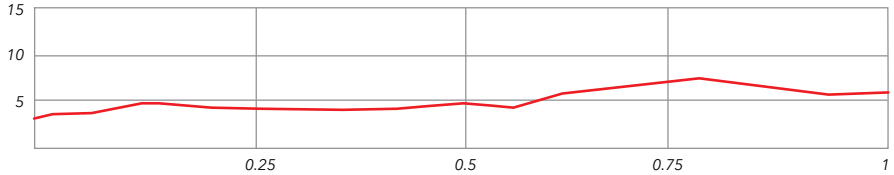
SUPER SPRINT

RUN **2KM**

SWIM **300M**



RUN COURSE ELEVATION (PER LAP)



S START

F FINISH

1 RUN TURN

AID STATION

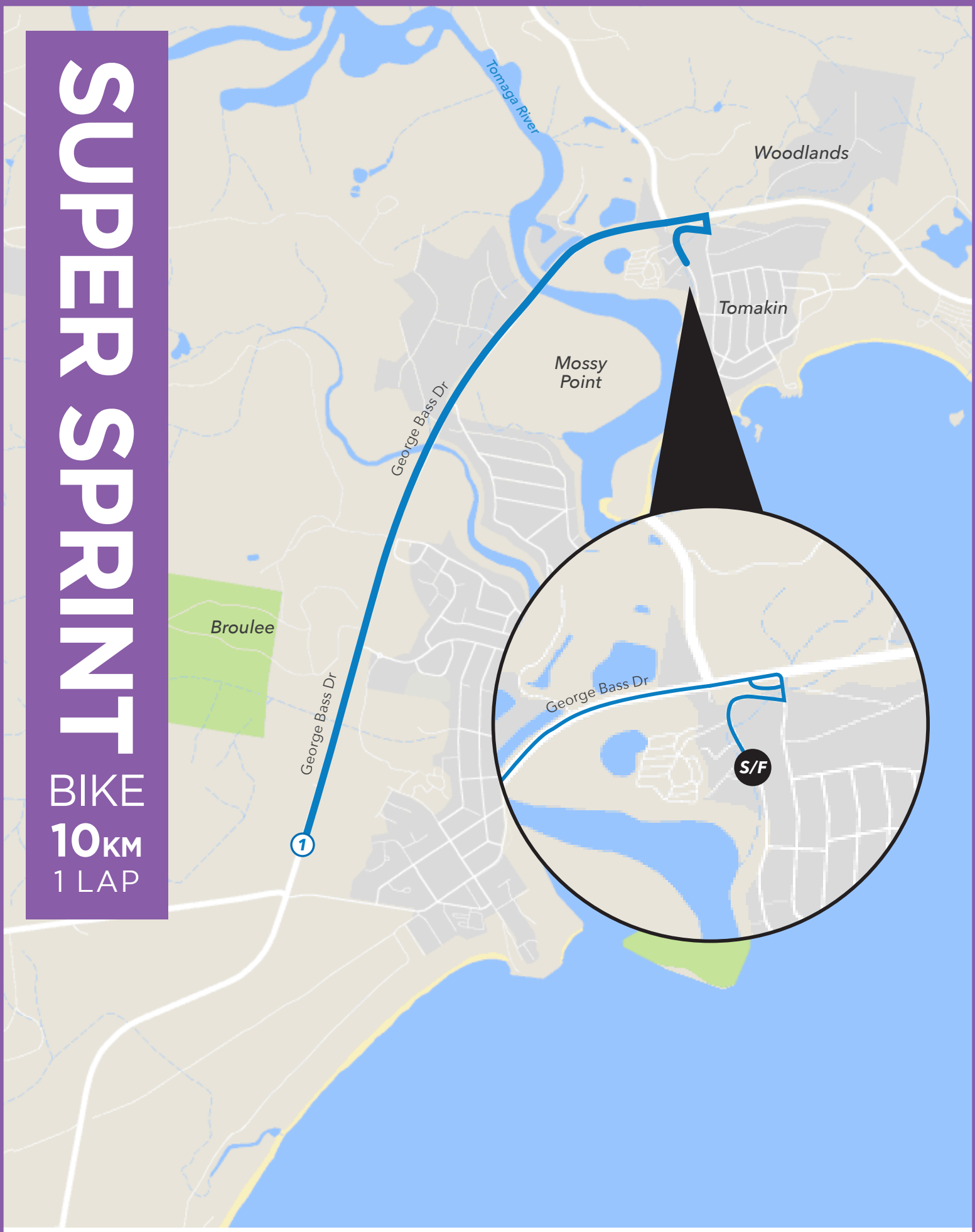
RUN

SWIM

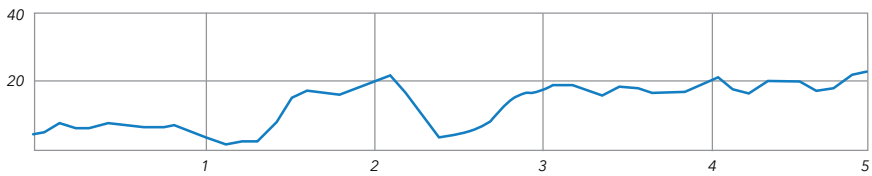
CAPITAL COAST ULTIMATE TRIATHLON FESTIVAL

SUPER SPRINT

BIKE
10KM
1 LAP



BIKE COURSE ELEVATION (PER LAP)



S START
F FINISH
1 BIKE TURN

CAPITAL COAST ULTIMATE TRIATHLON FESTIVAL