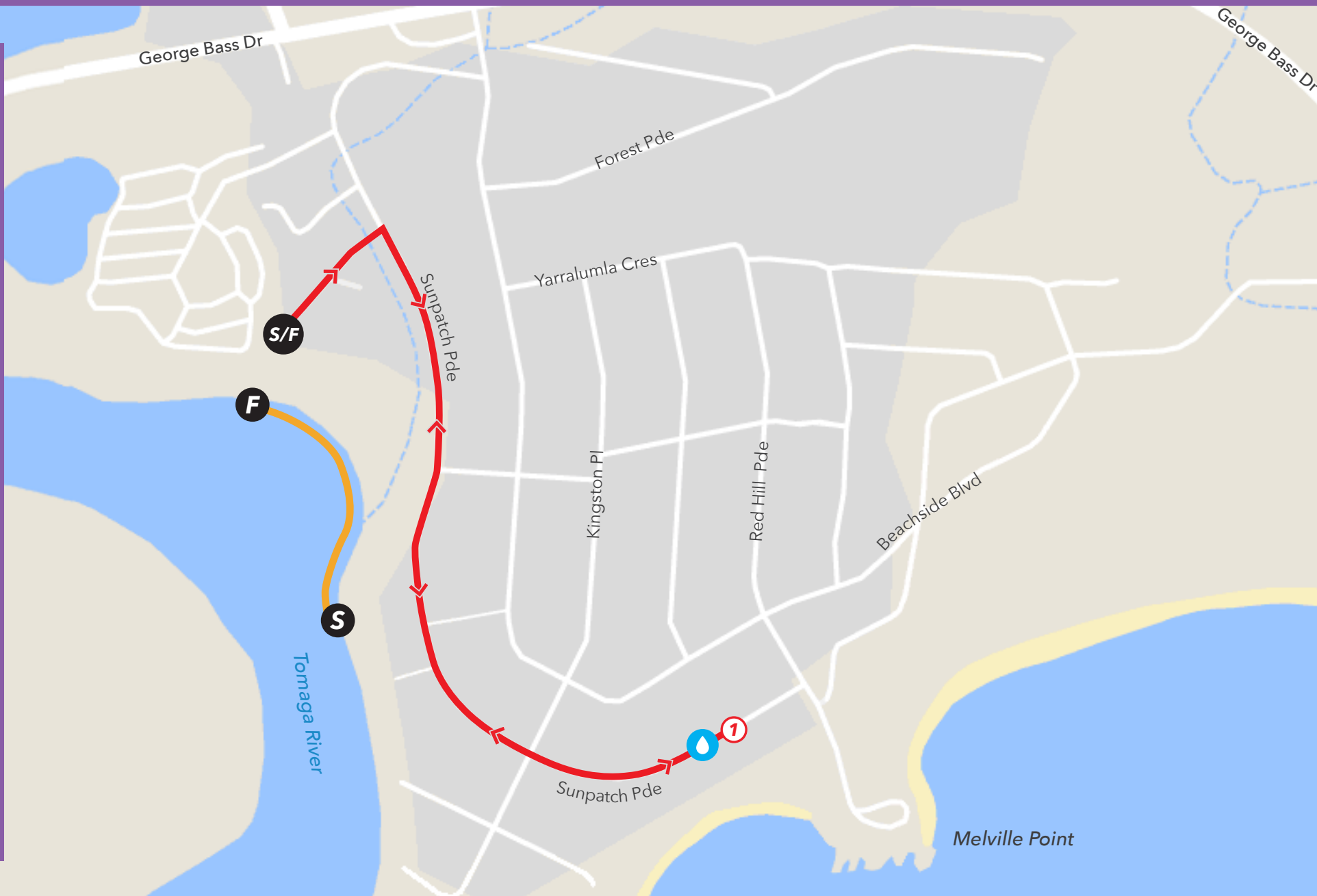


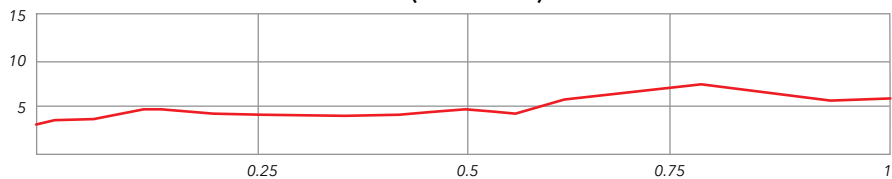
SUPER SPRINT

RUN
2 KM

SWIM
300 M



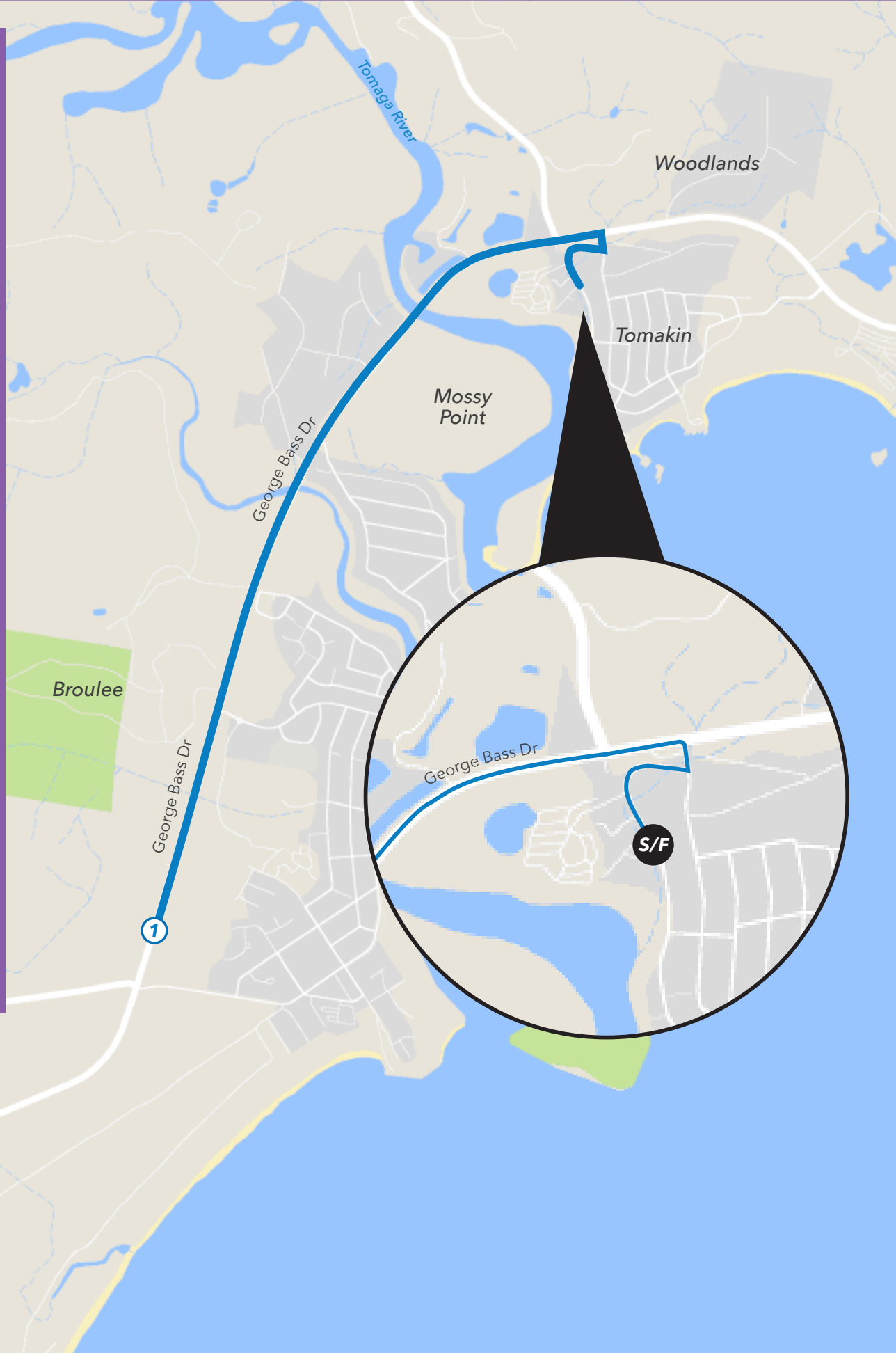
RUN COURSE ELEVATION (PER LAP)



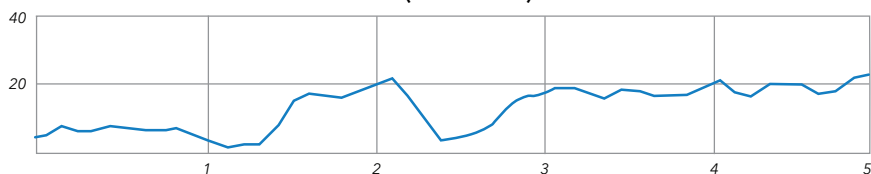
- S** START
- 1** RUN TURN
- RUN
- F** FINISH
- AID STATION
- SWIM

SUPER SPRINT

BIKE
10 KM
1 LAP



BIKE COURSE ELEVATION (PER LAP)



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

CAPITAL COAST
ULTIMATE
TRIATHLON FESTIVAL