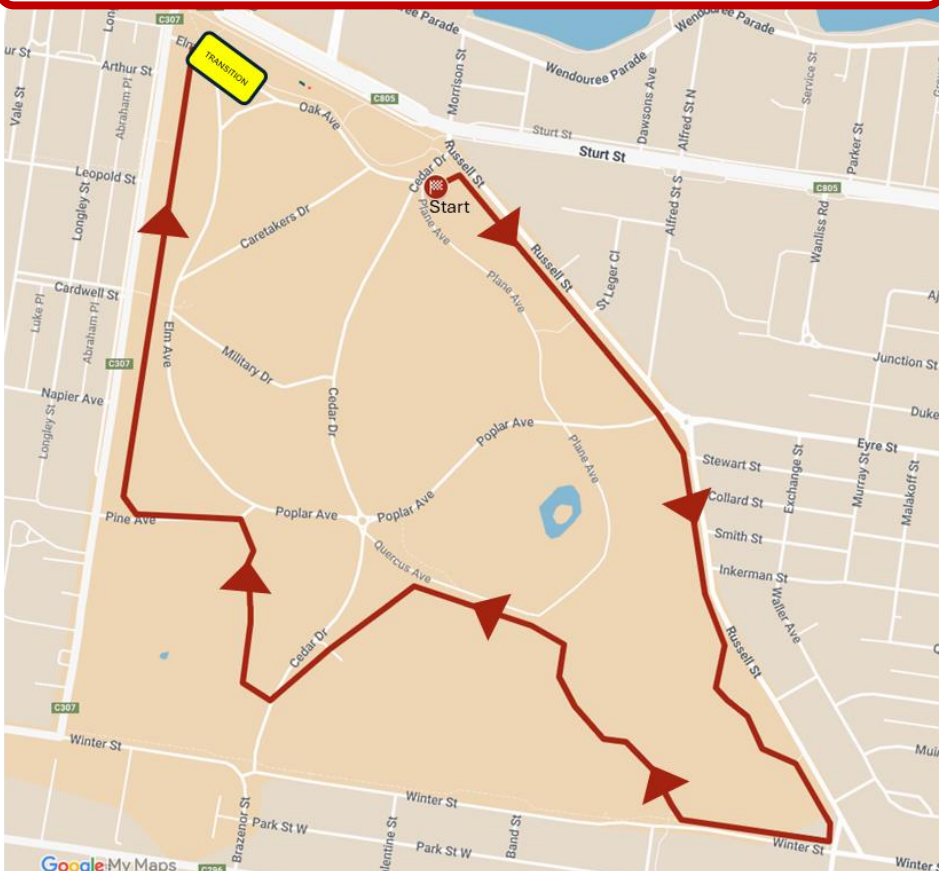
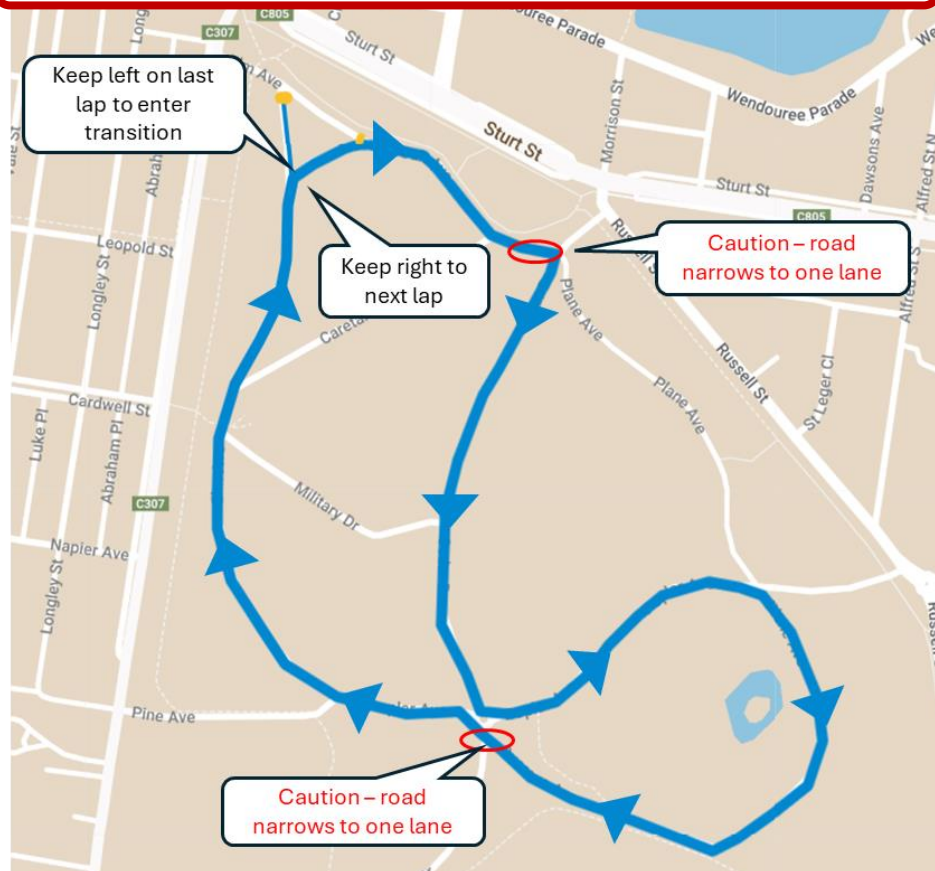


Sprint course maps

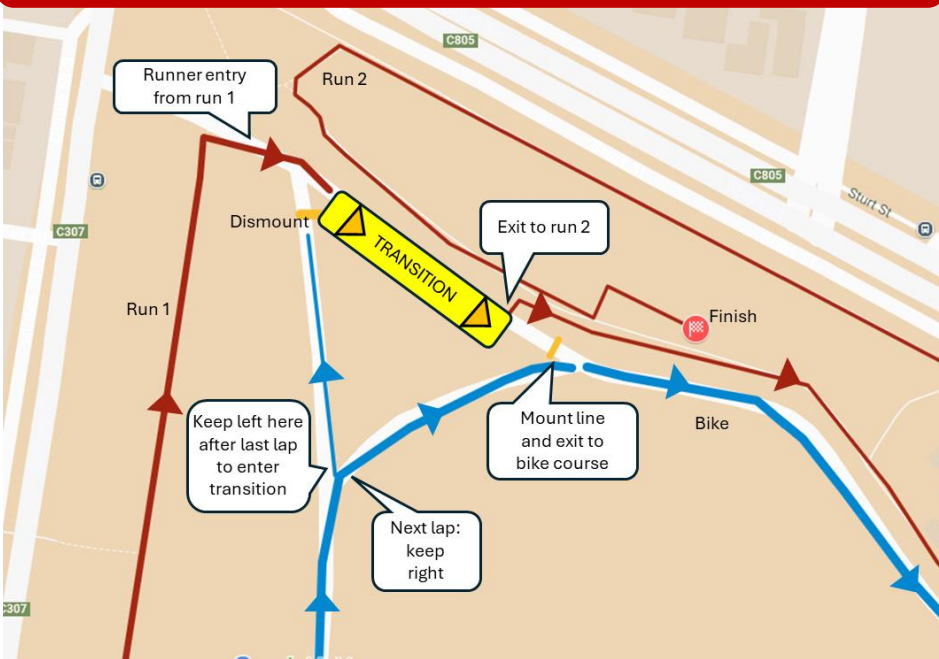
Sprint run 1: 4.5km (1 lap)



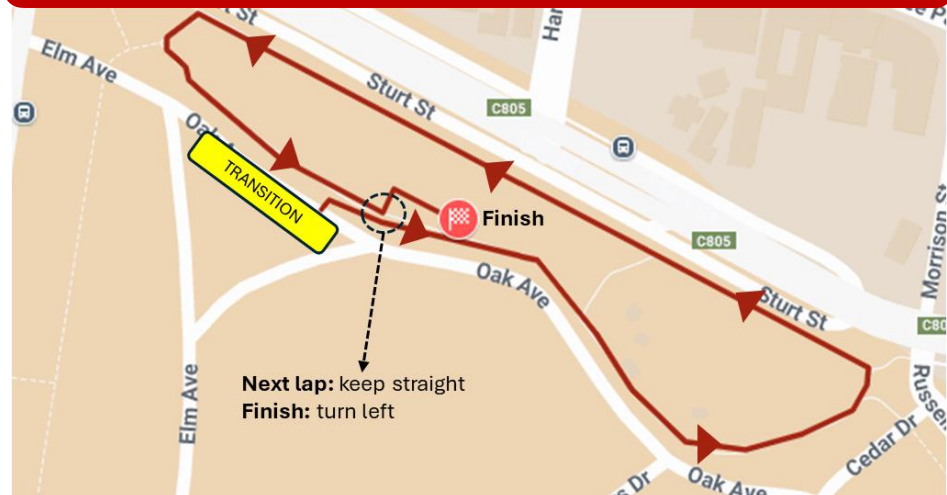
Sprint bike course: 17.5km (5 laps)



Sprint: transition flow



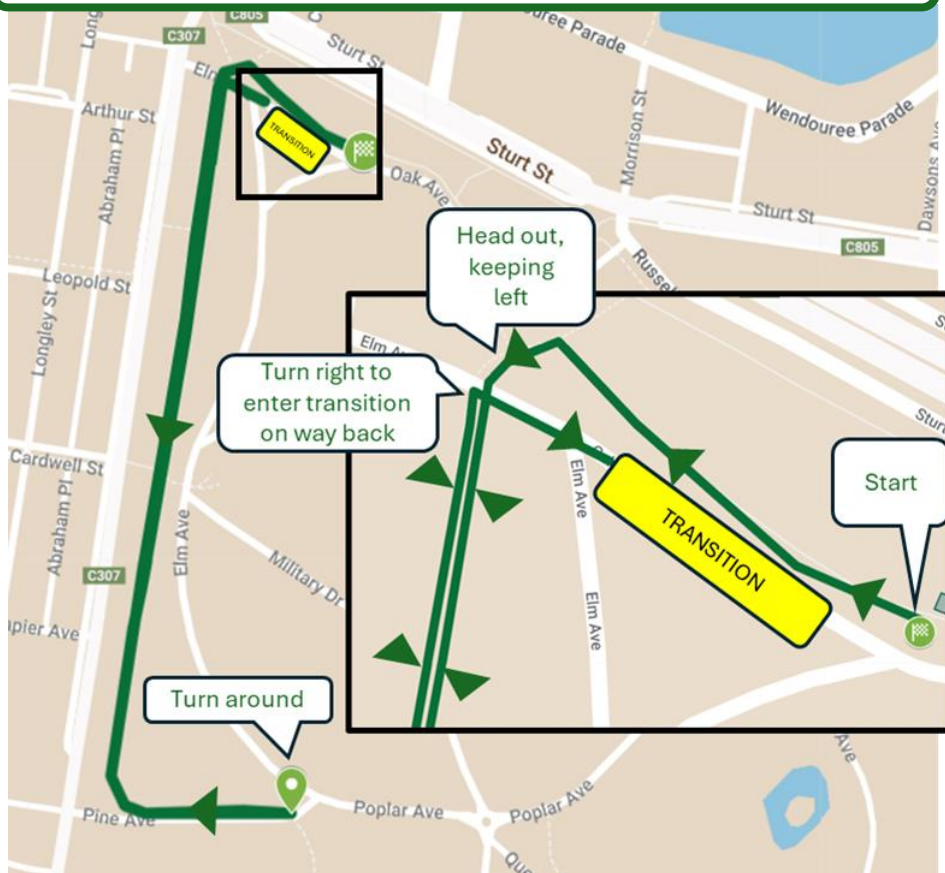
Sprint run 2: 2km (2 laps)



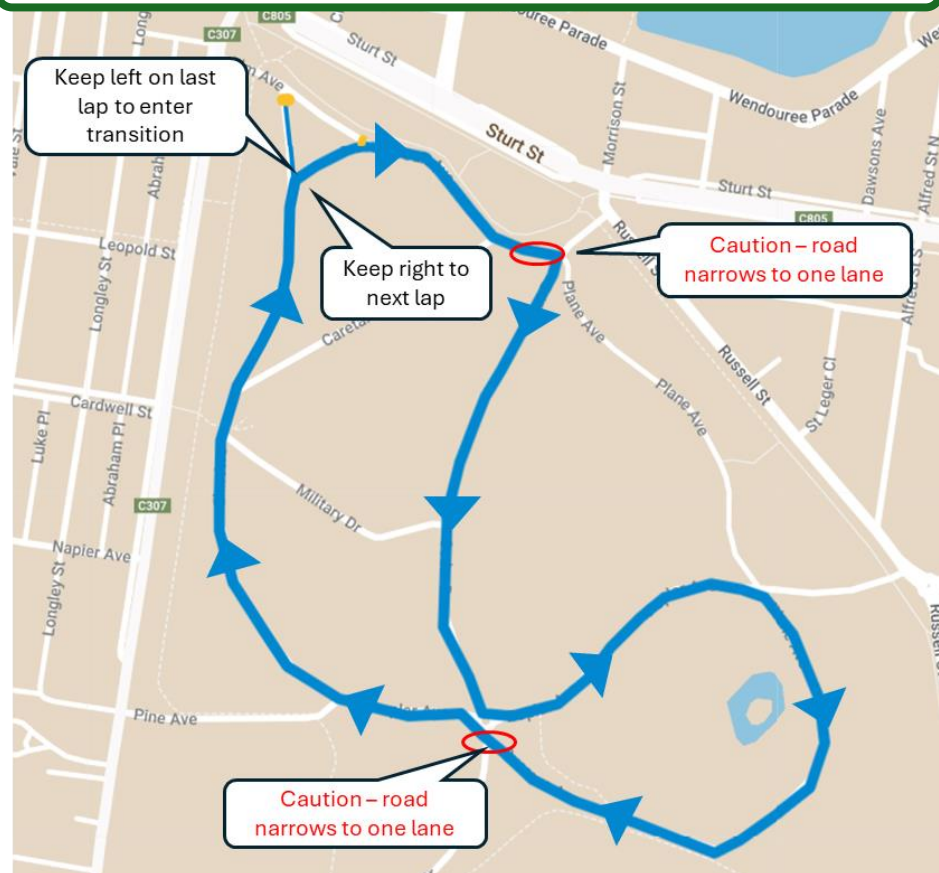


Dash course maps

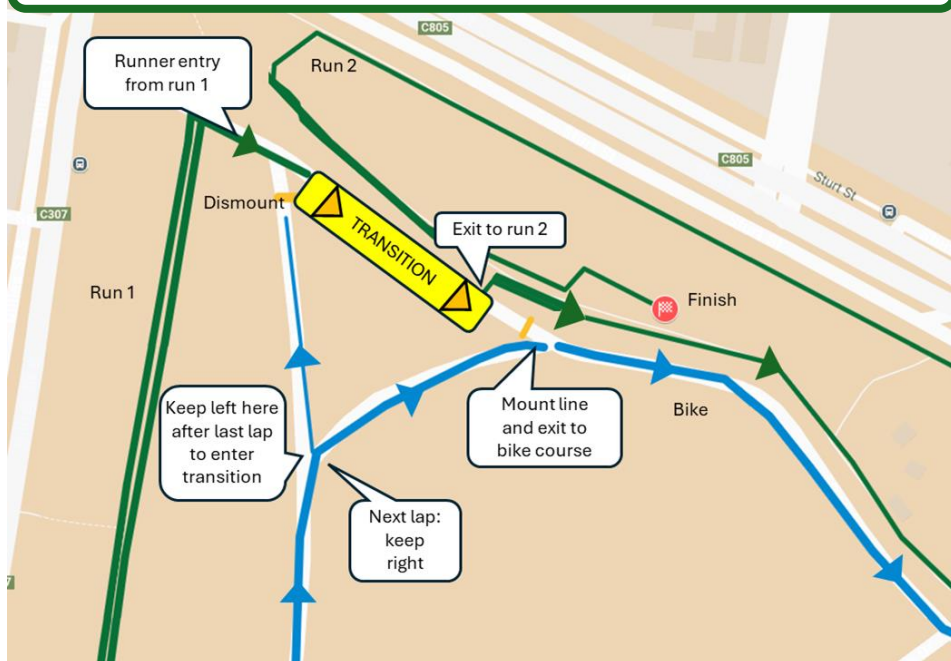
Dash run 1: 2.5km (out and back)



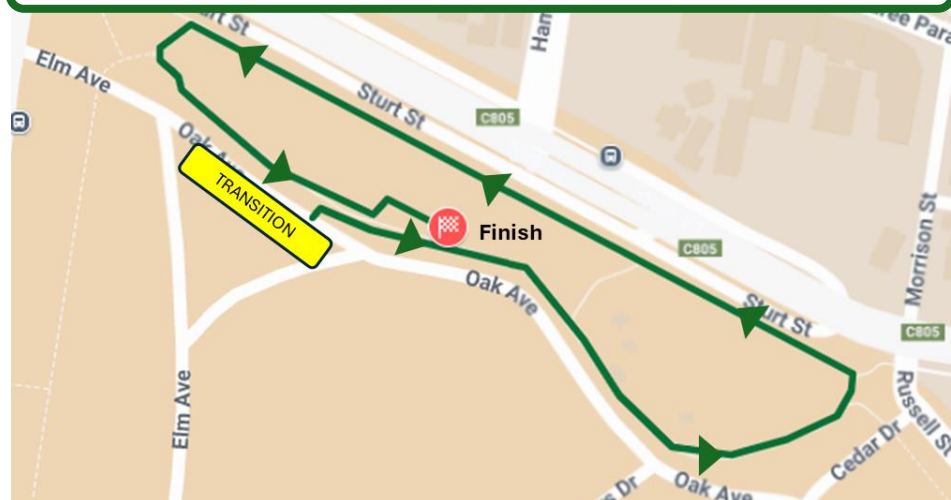
Dash bike course: 10km (3 laps)



Dash: transition flow



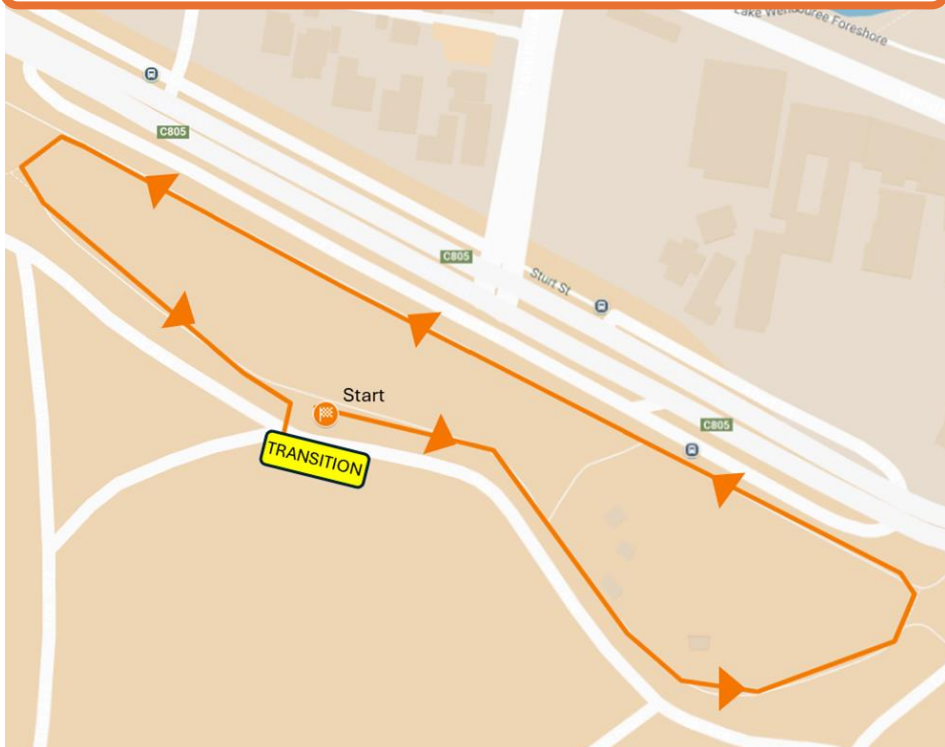
Dash run 2: 1km (1 lap)



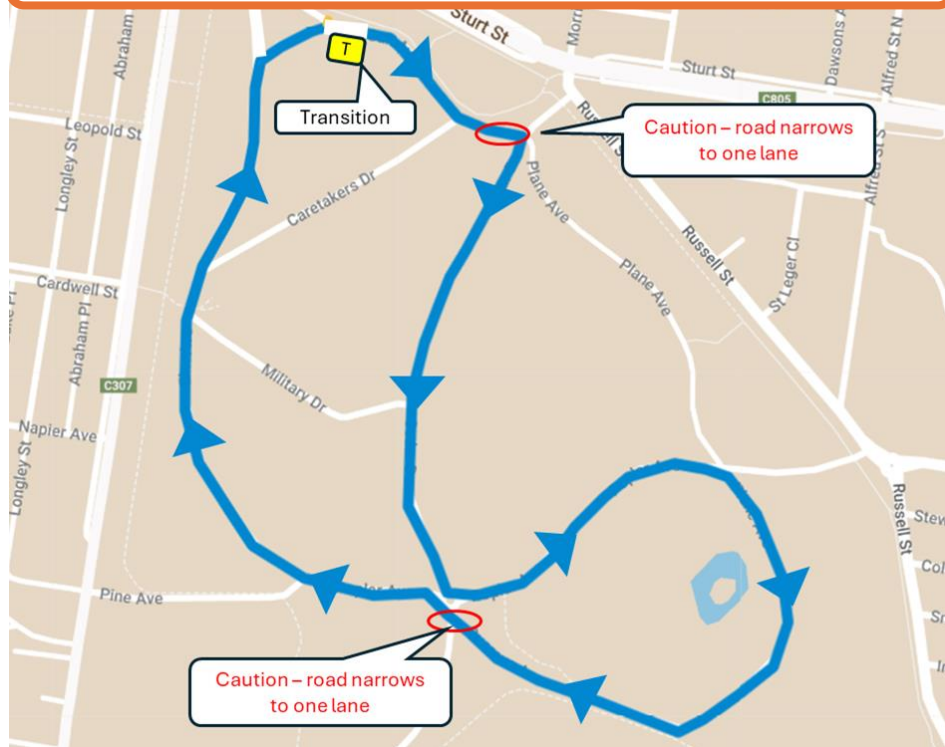


Fun course maps

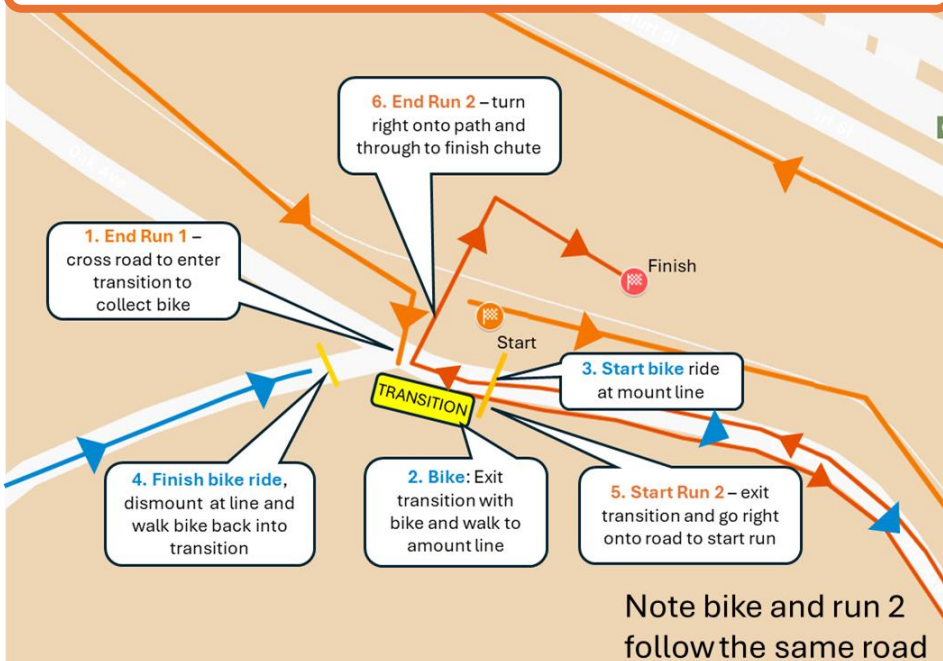
Fun run 1: 1km (1 lap)



Fun bike course: 3.5km (1 lap)



Fun: transition flow



Fun run 2: 500m (out and back)

