

SUPER SPRINT TRIATHLON MIXED RELAY (Draft-Legal)

Sunday | June 8, 2025

SWIM COURSE

200m

PRESENTED BY



BIKE COURSE

5k (1 lap)

RUN COURSE

1k

4 ATHLETES

2 male | 2 female

Each athlete completes Swim, Bike, Run before tagging teammate.

KEY

- SWIM COURSE 1
- - - SWIM IN
- SWIM COURSE 2,3,4
- - - SWIM IN
- BIKE COURSE
- - - BIKE IN/OUT
- RUN COURSE
- - - RUN OUT
- ★ RACE FINISH
- D BIKE DISMOUNT
- M BIKE MOUNT
- T RELAY TAG ZONE
- G ENDURANCE AID-STATION



PRESENTED BY Mutual of Omaha

BIKE ELEVATION



*Minimal elevation change on run course