

SUPER SPRINT TRIATHLON

INDIVIDUAL MEDLEY (Draft-Legal)

Sunday
June 8, 2025

SWIM COURSE

200m

PRESENTED BY
synergy

BIKE COURSE

5k (1 lap)

RUN COURSE

1k

RACE ORDER IS:

Swim, Bike 1, Run 1,
Bike 2, Run 2,
Bike 3, Run 3,
Bike 4, Run 4.

Individual Medley occurs at the same time as the mixed relay triathlon.

KEY

- SWIM COURSE 2,3,4
- - - - SWIM IN
- BIKE COURSE
- - - - BIKE IN/OUT
- RUN COURSE
- - - - RUN OUT
- ⊗ RACE FINISH
- D BIKE DISMOUNT
- M BIKE MOUNT
- G ENDURANCE AID-STATION

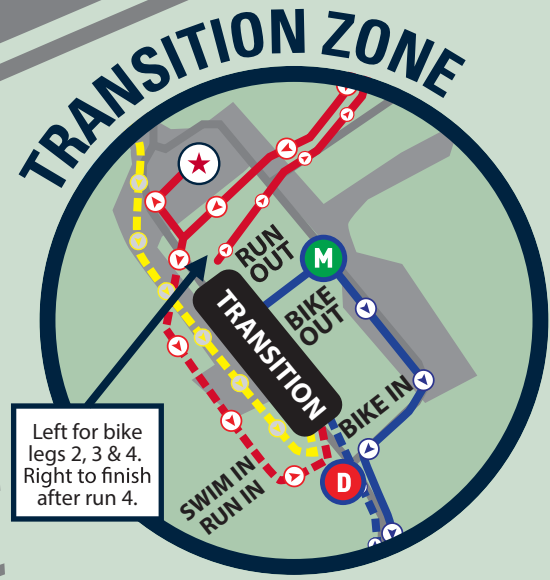
BIKE ELEVATION



*Minimal elevation change on run course



PRESENTED BY
Mutual of Omaha



Left for bike legs 2, 3 & 4. Right to finish after run 4.