## **TRANSITION**

## SURF STADIUM Black Horse Pike Albamy Ave TRANSITION **(3**) Swim Extr SWIMIN SWIM START Swim Res SWIM ENTRY



**KEY** 

SWIM COURS

SWIM IN

SWIM WARM UP

BIKE COURSE

BIKE IN/OUT

RUN COURSE

BIKE DISMOUNT

■ BIKE MOUNT

PENTALTY TENT