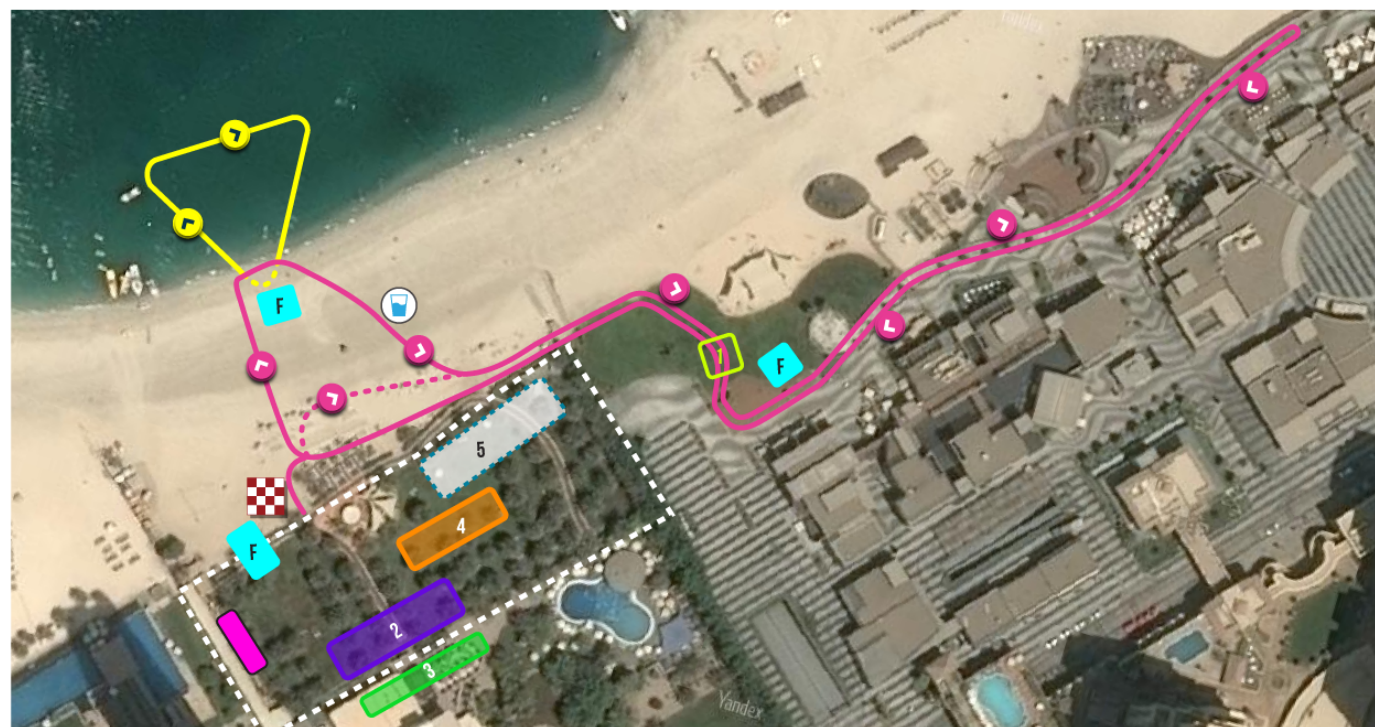




- | | | | |
|--|---|---|--|
|  Swim 200m |  Run 1k |  Race village |  3 Rest rooms |
|  Second lap |  Second lap |  F Fun zone |  4 Breakfast area |
| <p>Swimmers (2x200m swim, 1k run) x 3 times;
Runners (200m swim, 2x1k run) x 3 times;
XFIT (200m swim, crossfit w/o, 1k run) x 3 times</p> | |  1 XFIT Power |  5 EXPO |
|  Finish |  Water station |  2 Changing rooms
Bag drop off zone |  Main stage |