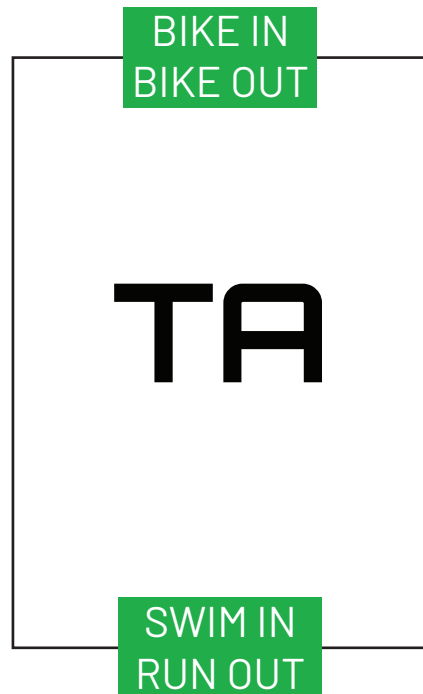


SWIM COURSE MAP



KANSAS CITY TRIATHLON

presented by **GARMIN**



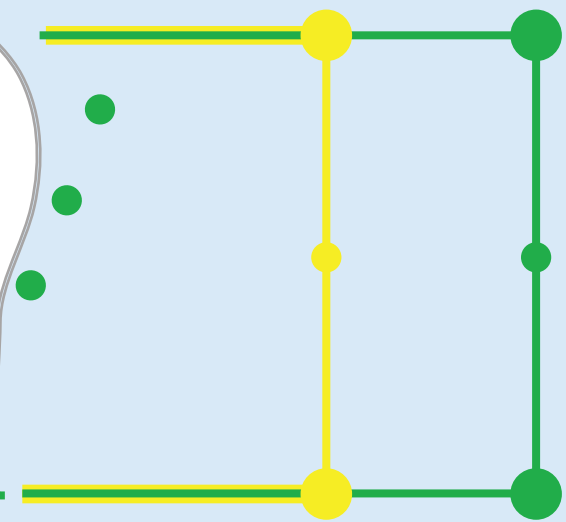
LONGVIEW
LAKE

SWIM
START

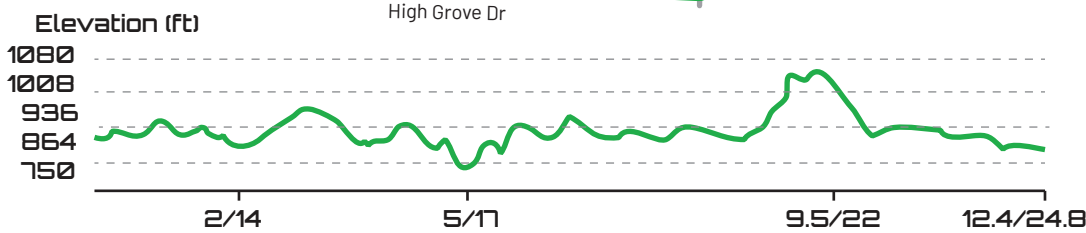
FINISH

SWIM COURSE KEY

- Olympic Distance
2 Laps - 1.5K
- Sprint Distance
1 Lap - 0.5K
- Swim Clockwise



BIKE COURSE MAP

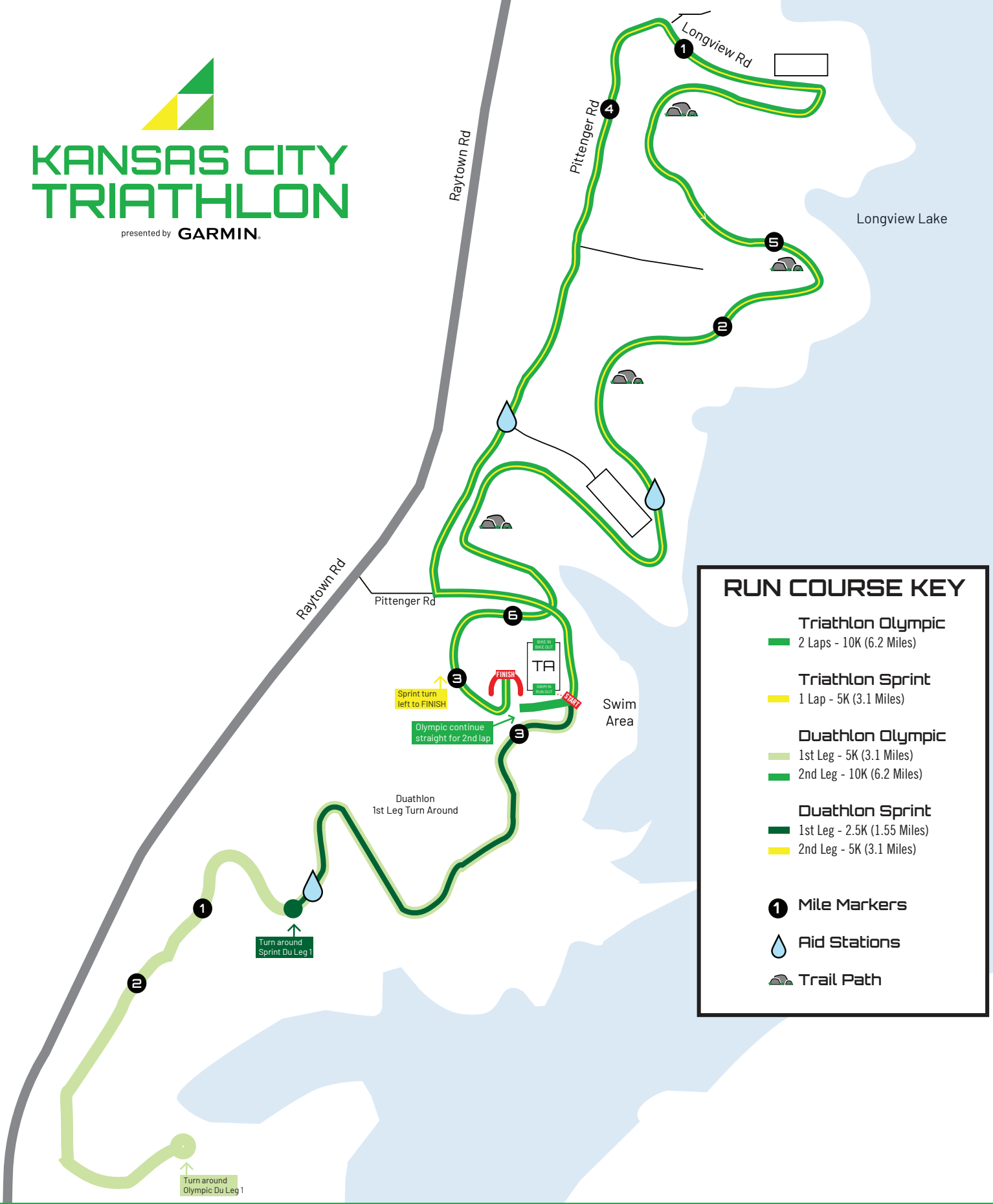


BIKE COURSE KEY

- Olympic Distance
2 Laps - 40K (24.8 Miles)
- Sprint Distance
1 Lap - 20K (12.4 Miles)
- Mile Markers



RUN COURSE MAP



RUN COURSE KEY

- Triathlon Olympic**
2 Laps - 10K (6.2 Miles)
- Triathlon Sprint**
1 Lap - 5K (3.1 Miles)
- Duathlon Olympic**
1st Leg - 5K (3.1 Miles)
2nd Leg - 10K (6.2 Miles)
- Duathlon Sprint**
1st Leg - 2.5K (1.55 Miles)
2nd Leg - 5K (3.1 Miles)
- 1** Mile Markers
- Aid Stations
- Trail Path