



# Sprint Swim

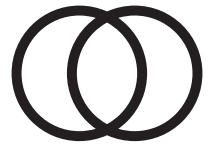
SPRINT - Swim: .5 mile / Bike: 12.6 mile / Run: 3.1 mile



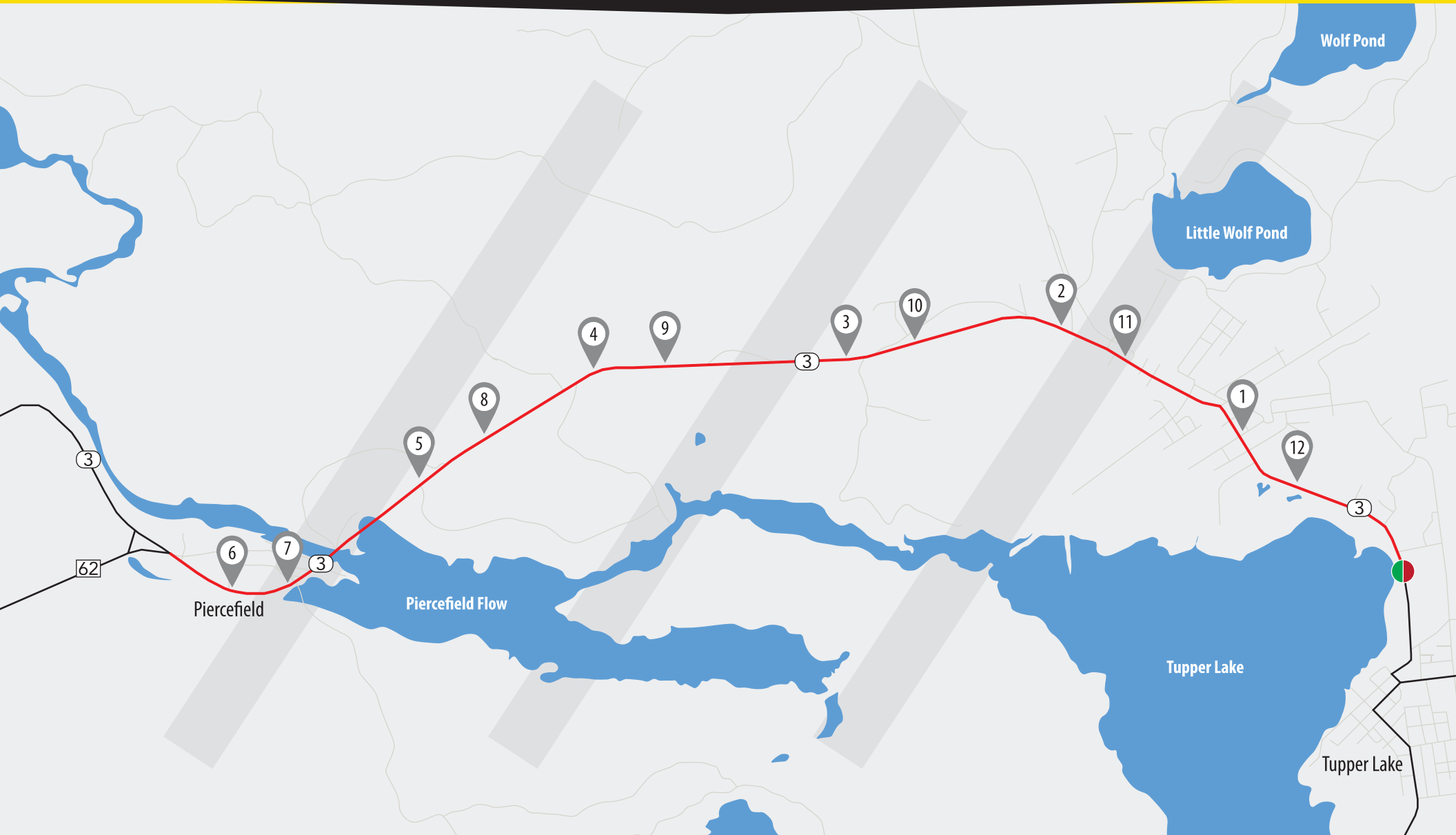


# Sprint Bike

SPRINT - Swim: .5 mile / Bike: 12.6 mile / Run: 3.1 mile



BIKE





# Sprint Run

SPRINT - Swim: .5 mile / Bike: 12.6 mile / Run: 3.1 mile

