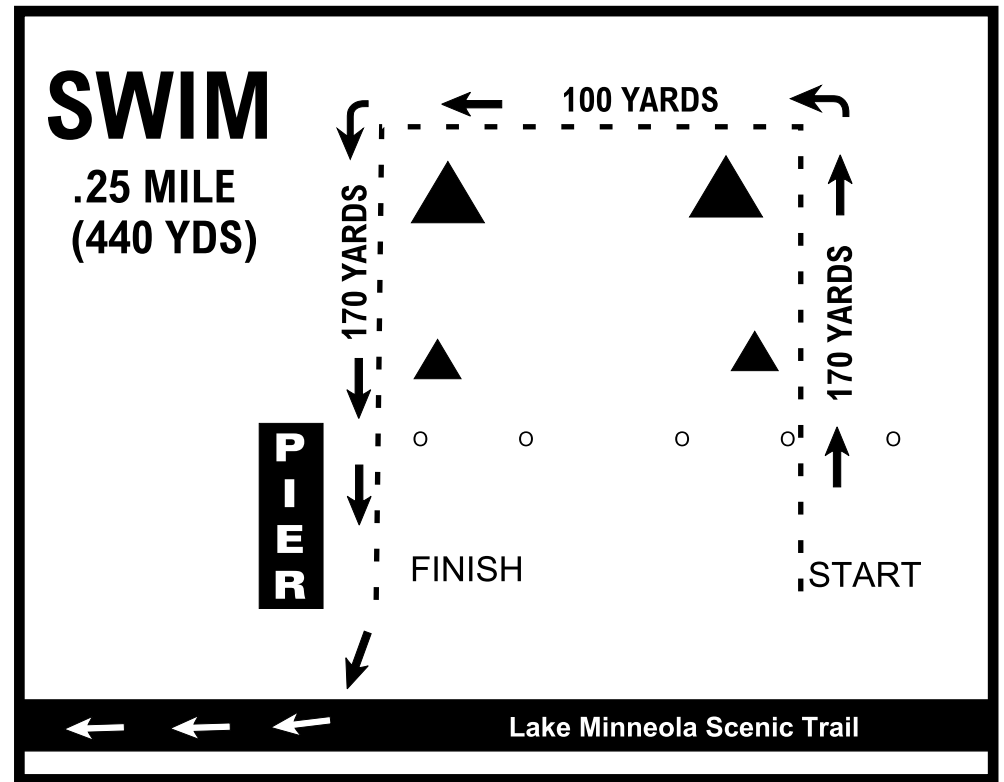




## 3 MILE RUN COURSE

Run Course is out and back on the South Lake Trail. Runners run towards the west first.



### WAVE STARTS

- 1) 7:30am - FL GREEN - ULTRA - INDIVIDUAL MALES  
- PINK - ULTRA - INDIVIDUAL FEMALES
- 2) 7:45am - ORANGE - ULTRA TEAMS  
- LT BLUE - ULTRA AQUA BIKE  
- WHITE - OPEN WATER SWIM
- 3) 8:30am - YELLOW - INTERMEDIATE DISTANCE MALES  
- PURPLE - INTERMEDIATE DISTANCE FEMALES  
- ROYAL - INTERMEDIATE AQUA BIKE
- 4) 9:30am - DK GREEN - SPRINT TRI MALES
- 5) 9:34am - RED - SPRINT TRI FEMALES & TEAMS

Failure to start in the proper wave may result in disqualification!