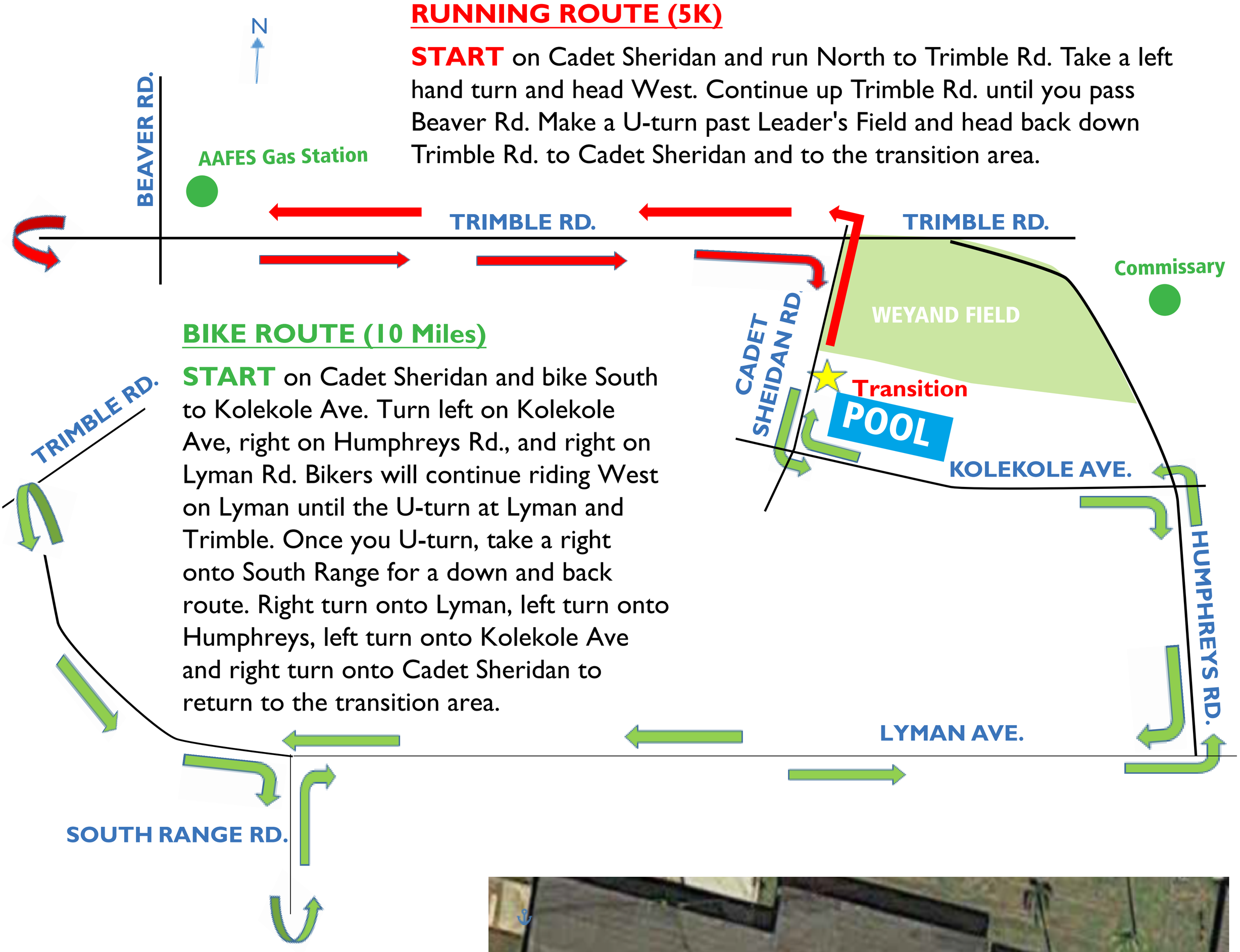
REVERSE TRIATHLON

RUNNING ROUTE (5K)

START on Cadet Sheridan and run North to Trimble Rd. Take a left hand turn and head West. Continue up Trimble Rd. until you pass Beaver Rd. Make a U-turn past Leader's Field and head back down Trimble Rd. to Cadet Sheridan and to the transition area.



BIKE ROUTE (10 Miles)

START on Cadet Sheridan and bike South to Kolekole Ave. Turn left on Kolekole Ave, right on Humphreys Rd., and right on Lyman Rd. Bikers will continue riding West on Lyman until the U-turn at Lyman and Trimble. Once you U-turn, take a right onto South Range for a down and back route. Right turn onto Lyman, left turn onto Humphreys, left turn onto Kolekole Ave and right turn onto Cadet Sheridan to return to the transition area.

SWIM COURSE (400 Meters)

START is on the pool deck. NO DIVING into the pool. Only a feet first entry is allowed. Violators will be disqualified.
Each lane is DIRECTIONAL. Pass on the left in the lane. Your race ends when you touch the wall after your 8th length and the staff records your bib number. NO PASSING in the final 5 meters of the race. A single file exit is mandatory to solidify the finishing positions.