

T Transition 轉項區

A Drink Station 水站

R/E Registration 報到處 Event Center 賽事中心

Course A: 2km Run (2 laps) /500m Swim (2 laps) /2km Run (2 laps) - Elite Open/Elite Junior/ Youth Open and Age Group Course B/C/D: 250m Swim/ 2km Run (2 laps) - Ultrakids and Age Group