

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) Course B: 2km Run (1 lap) / 250m Swim (1 lap) / 2km Run (1 lap)

Course C/D: 250 Swim (1 lap)/ 2km Run (1 lap)