



ATHLONIA TRIATHLON

International Festival of Sports

Swim / Run Course Map

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|-------------------|-------------|------------------|---------------|
| OLYMPIC RUN | SWIM START | FULL SERVICE AID | BIKE MECHANIC |
| SPRINT/JUNIOR RUN | TRANSITIONS | SELF SERVE AID | REFRESHMENTS |
| YOUTH RUN | RESTROOMS | GATORADE | MEDALS |
| TURNAROUND | MEDICAL AID | CHIP CHECK MAP | |

ALA MOANA SHOPPING CENTER

ATKINSON DR.

PINKO I.

ALA MOANA BLVD.

ALA MOANA BLVD.

ALA MOANA REGIONAL PARK

10K Run

START

Bike Out/In

Run Turnaround Youth

START

Run Out

SWIM OUT

Run Turnaround Sprint/Junior/Aquathlon

Youth 400m

Sprint/Junior/Aquathlon 750m

Olympic 1500m

Finish