



**General Course Maps** *Course closed to all vehicular traffic*

- |  |                    |  |             |  |             |  |                |  |              |
|--|--------------------|--|-------------|--|-------------|--|----------------|--|--------------|
|  | OLYMPIC BIKE       |  | WATER       |  | TRANSITIONS |  | TURNAROUND     |  | REFRESHMENTS |
|  | SPRINT/JUNIOR BIKE |  | GATORADE    |  | SWIM START  |  | BIKE MECHANIC  |  | MEDAL        |
|  | YOUTH BIKE         |  | MEDICAL AID |  | RESTROOMS   |  | CHIP CHECK MAT |  |              |

# 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.

PINKOIS I.

ALA MOANA BLVD.

ALA MOANA BLVD.

ALA MOANA REGIONAL PARK

10K Run

START

Bike Out/In

Run Turnaround Youth

Run Turnaround Sprint/Junior/Aquathlon

START

Run Out

START

SWIM OUT

Youth 400m

Sprint/Junior/Aquathlon 750m

Olympic 1500m

Finish

