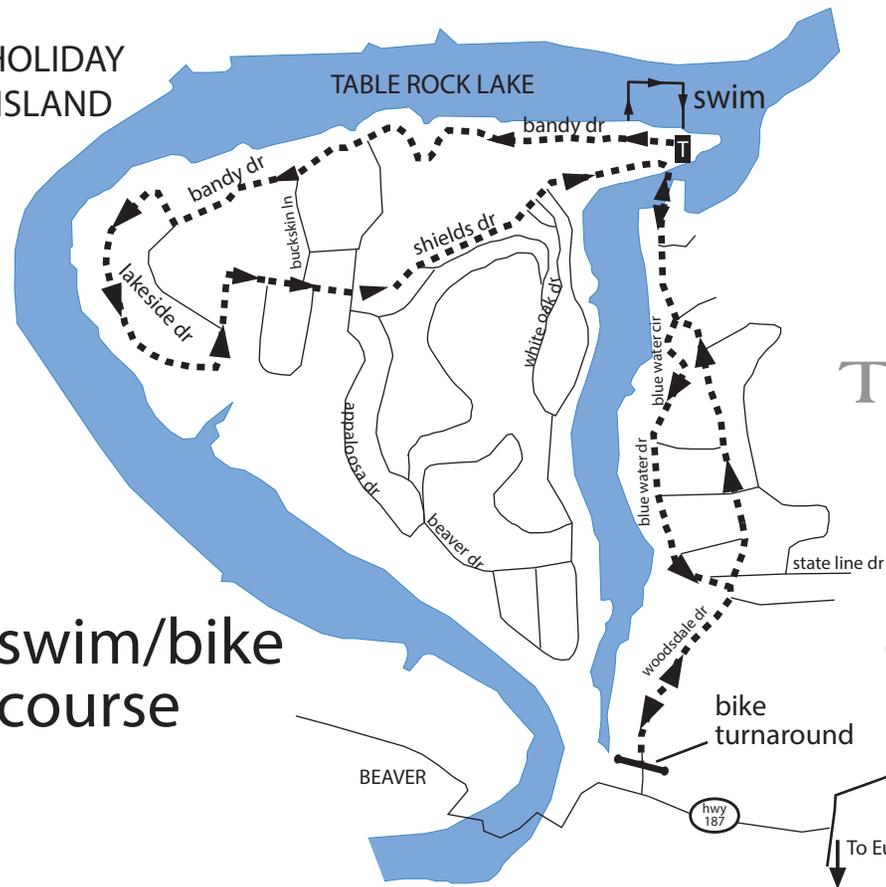


HOLIDAY ISLAND

TABLE ROCK LAKE



swim/bike course

BEAVER



# TRIATHLON



Swim Course  
300 yards

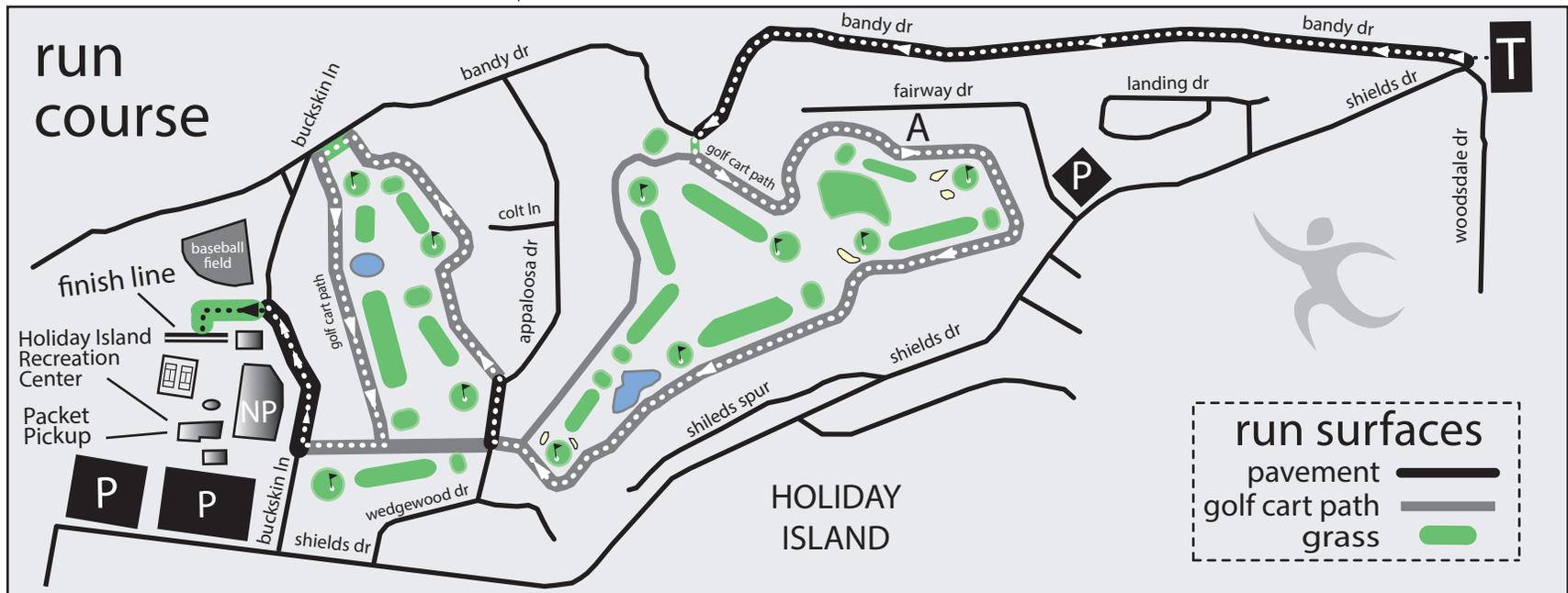
Bike Course  
6.25 miles

Run Course  
2 miles

swim	—▶
bike	- - -▶
run	.....▶
T	transition
P	parking
A	aid station



## run course



run surfaces	
pavement	—
golf cart path	- - -
grass	■

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