



Catalina Island TRIATHLON & DUATHLON



Sprint Triathlon
Swim 0.5mi | Bike 17k | Run 3.1mi

Duathlon
Run 3.1mi | Bike 17k | Run 3.1mi
Compete as an individual or part of a relay team!

Avalon, California

SWIM COURSE (1/2 MILE)
BIKE COURSE 3 LOOPS (17K)
RUN COURSE (3.1 MILE)