

# Lowery's Multigenerational Spring Triathlon

## SHORT COURSE

SWIM - 200 yards

BIKE - 2.2 mile

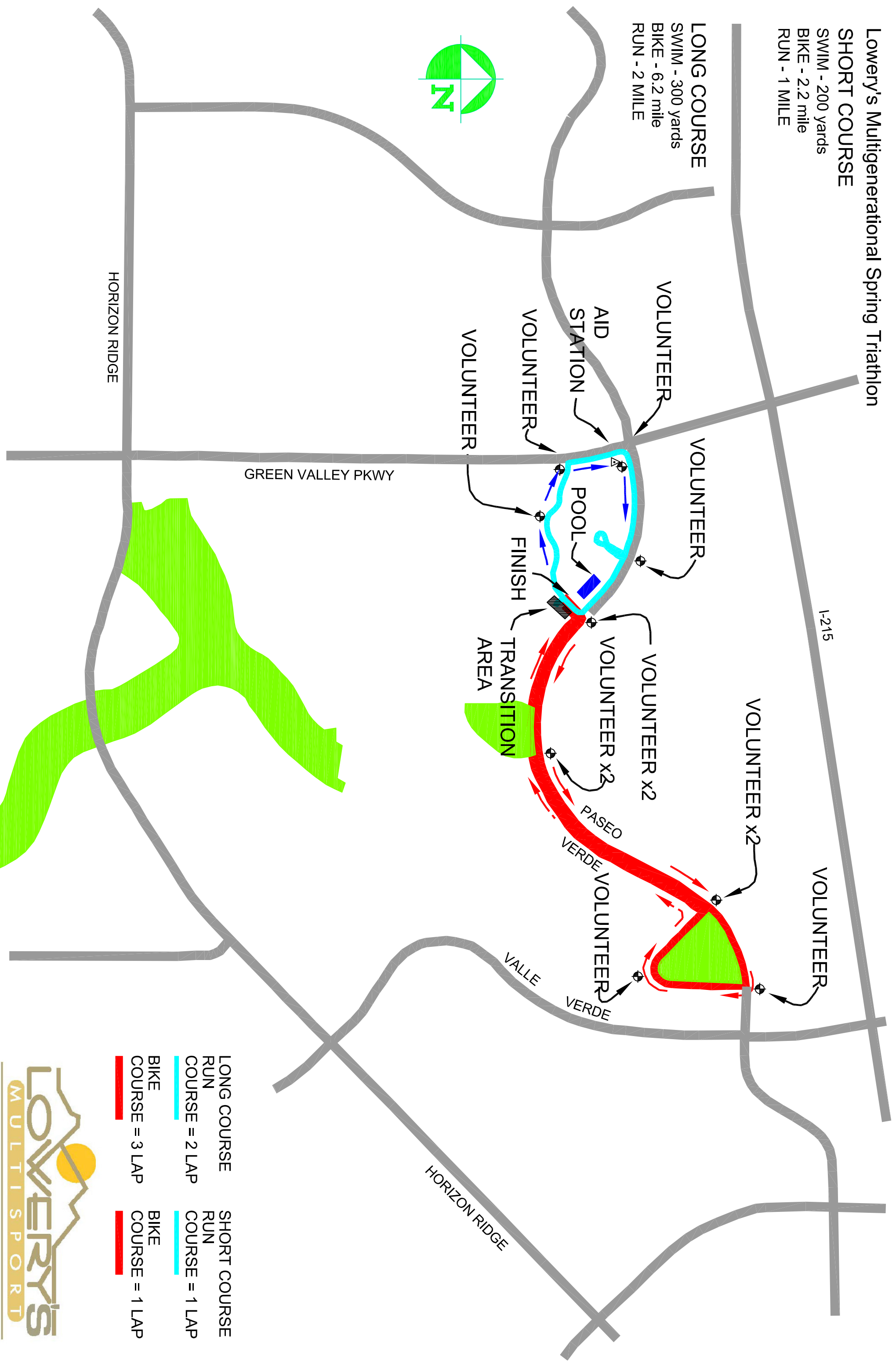
RUN - 1 MILE

## LONG COURSE

SWIM - 300 yards

BIKE - 6.2 mile

RUN - 2 MILE



- |                     |                     |
|---------------------|---------------------|
| LONG COURSE         | SHORT COURSE        |
| RUN COURSE = 2 LAP  | RUN COURSE = 1 LAP  |
| BIKE COURSE = 3 LAP | BIKE COURSE = 1 LAP |

