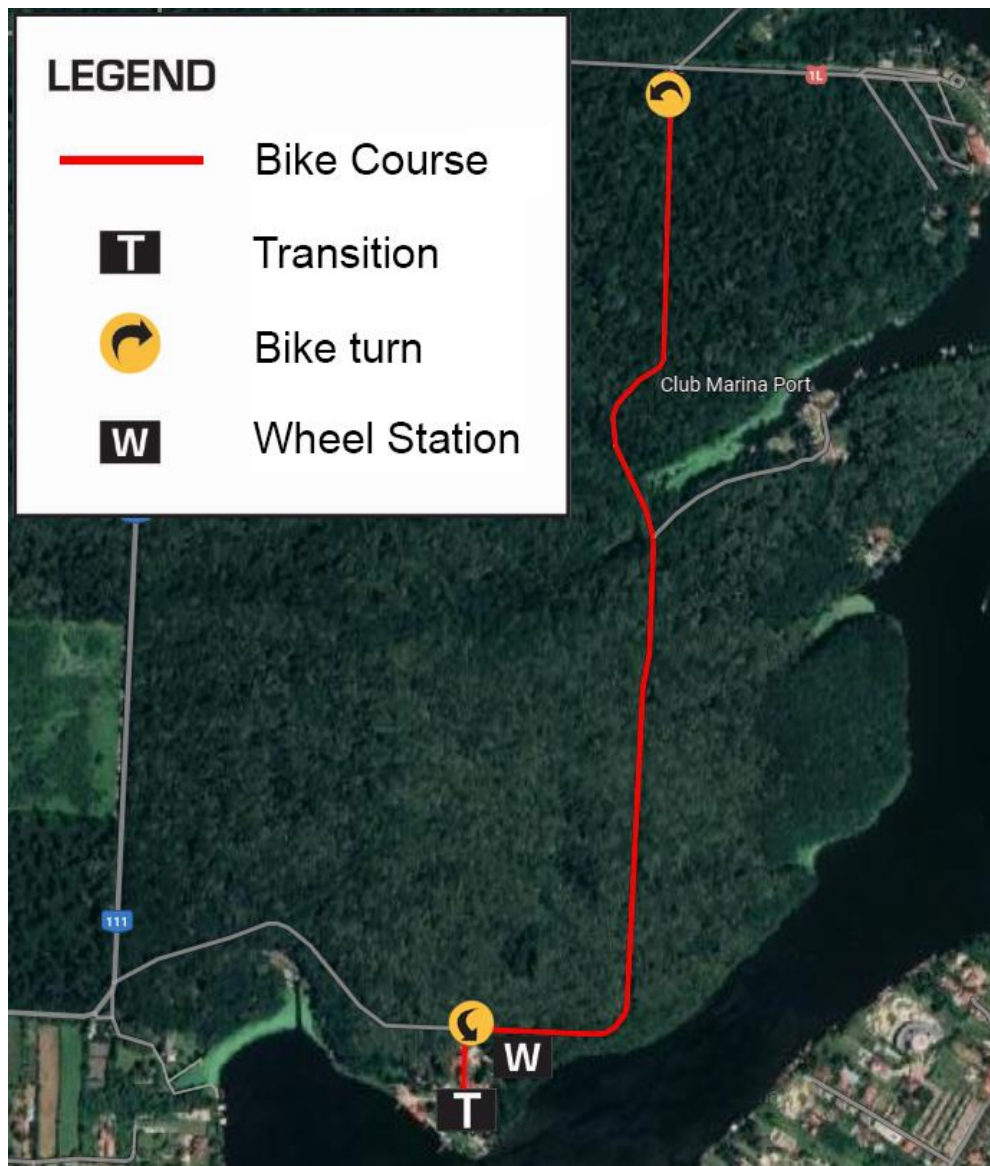


Map of the bike course



The bike course is mostly flat. Inside the Sport Complex the bike course is challenging, with tight corners!

TRANSITION 2

From the dismount line, the flow of the transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit the bike in the designated area of the traditional rack and the helmet and other bike gear in a bin placed beside the bike racks. Athletes' names and/or numbers are displayed on the top of the bike rack. After the helmet is placed in the bin, athletes will equip with the running shoes and by moving forward into the center lane and towards the exit from the transition area. Running shoes may be placed beside the rack or in the bin.



RUN COURSE

Individual race:

Run course: 2,5km Laps: 2

Team relay race:

Run course: 1,5km Laps: 1