## Individual race:

Swim course: 400 m Number of laps: 1

## Team relay race:

Swim course: 250 m Number of laps: 1

Average water temperature: $\approx 26^{\circ} \mathrm{C} / 79^{\circ} \mathrm{F}$

Map of the individual swim course :

$\longrightarrow$ Swim to Transit
$\longrightarrow$ Bike

