

OCTOBER 12, 2014



U.S. OPEN TRIATHLON

SWIM

- OLYMPIC: 1 LOOP (1500M)
- SPRINT: 1 SMALL LOOP (750M)
- SUPER SPRINT: TINY LOOP (300M)

BIKE

- OLYMPIC: 2 LOOPS (21MI)
- SPRINT: 1 LOOP (10.5MI)
- SUPER SPRINT: 1 LOOP (10.5MI)
- YOUTH 7-10: 2MI
- YOUTH 11-14: 4MI

RUN

- OLYMPIC: 4 LOOPS (6MI)
- SPRINT: 2 LOOPS (3MI)
- SUPER SPRINT: 1 LOOP (1.5MI)
- YOUTH 7-10: 1MI
- YOUTH 11-14: 1.5MI

