

US Performance Center Draft Legal Triathlon Festival – Super Sprint Swim Course_500 Meters



CAUTION BIKE COURSE ROAD CLOSURES

8:05 – 8:45am (Super Sprint Men)
 9:05 – 9:45am (Super Sprint Women)
 10:05 – 10:55am (B Wave)
 12:05 – 12:55 (A Wave)

Swim In
 Bike In
 Transition
 Bike Out
 Run Out



US Performance Center Draft Legal Triathlon Festival – Super Sprint Run Course_2.0 Miles (2 Loops)



Race Site Layout – Lake Norman State Park - US Performance Center Draft Legal Triathlon Festival

