



<b>Swim Course</b>	300m (Point-to-point)
<b>Bike Course</b>	11km (4 laps)
<b>Run Course</b>	3.5km (2 laps)
<b>Transition</b>	
<b>Swim to Transition</b>	



**TRIATHLON CANADA**  
*Elite National Championships*  
 Course Map