

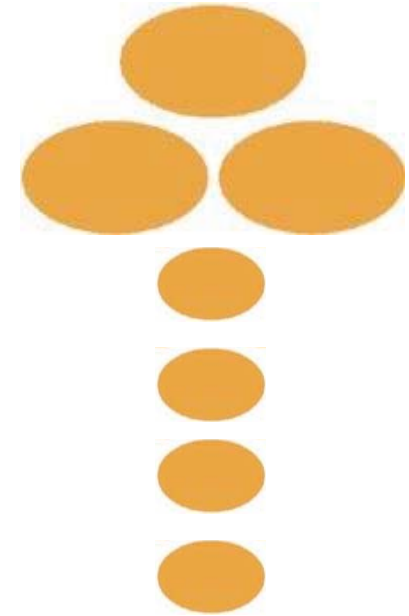
# DIRECTIONAL ARROWS



**LEFT**



**RIGHT**



**STRAIGHT**

**LONG COURSE: SWIM: 500 METERS • BIKE: 11.4 MILES • RUN: 3.1 MILES**

**SHORT COURSE: SWIM: 500 METERS • BIKE: 11.4 MILES • RUN: 3.1 MILES**

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