

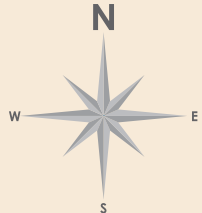
WASHINGTON DC TRIATHLON

A 5150 SERIES EVENT

Course Map

June 19th, 2011

| | |
|---|---|
| P PARKING | S SHUTTLE - RACE DAY |
| E EXPO CONVENTION CENTER & SHUTTLE - SATURDAY | A AID STATION HYDRATION FROM POWERADE |
| H OFFICIAL HOTEL GRAND HYATT | F FINISH FESTIVAL POM WONDERFUL ART DOCTORS SPORTS + SPINAL PHYSICAL THERAPY |
| M METRO | VA VIEWING AREA |
| TA TRANSITION AREA, BIKE TECH SUPPORT FROM THE BIKE RACK | |



Legend

INTERNATIONAL COURSE

6:00 AM First International Swim Wave
 9:00 AM Mens Professional Swim Wave
 9:05 AM Womens Professional Swim Wave

- SWIM 1.5K
- BIKE * 40K
- RUN 10K

* International Bike Distance is to be completed twice.

SPRINT COURSE

7:00 AM First Sprint Swim Wave

- SWIM 800M
- BIKE 20K
- RUN 7.5K



- course subject to change
 - map not to scale