

VH TRI TA FLOWS
1 = SC swim to cycle

SC=Short Tri
LC=Longer Tri
MC=Mini Tri

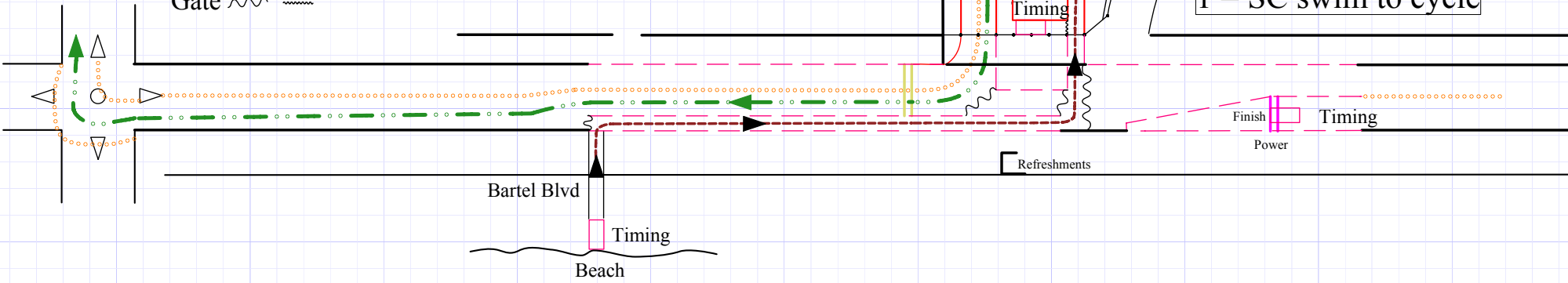
Swim -----

Cycle - - - - -

Run - - - - -

Cones
.....

Gate ~~~~~



VH TRI TA FLOWS
1 = SC swim to cycle

VH TRI TA FLOWS
 2 = SC cycle to run
 & 5K start

SC=Short Tri
 LC=Longer Tri
 MC=Mini Tri

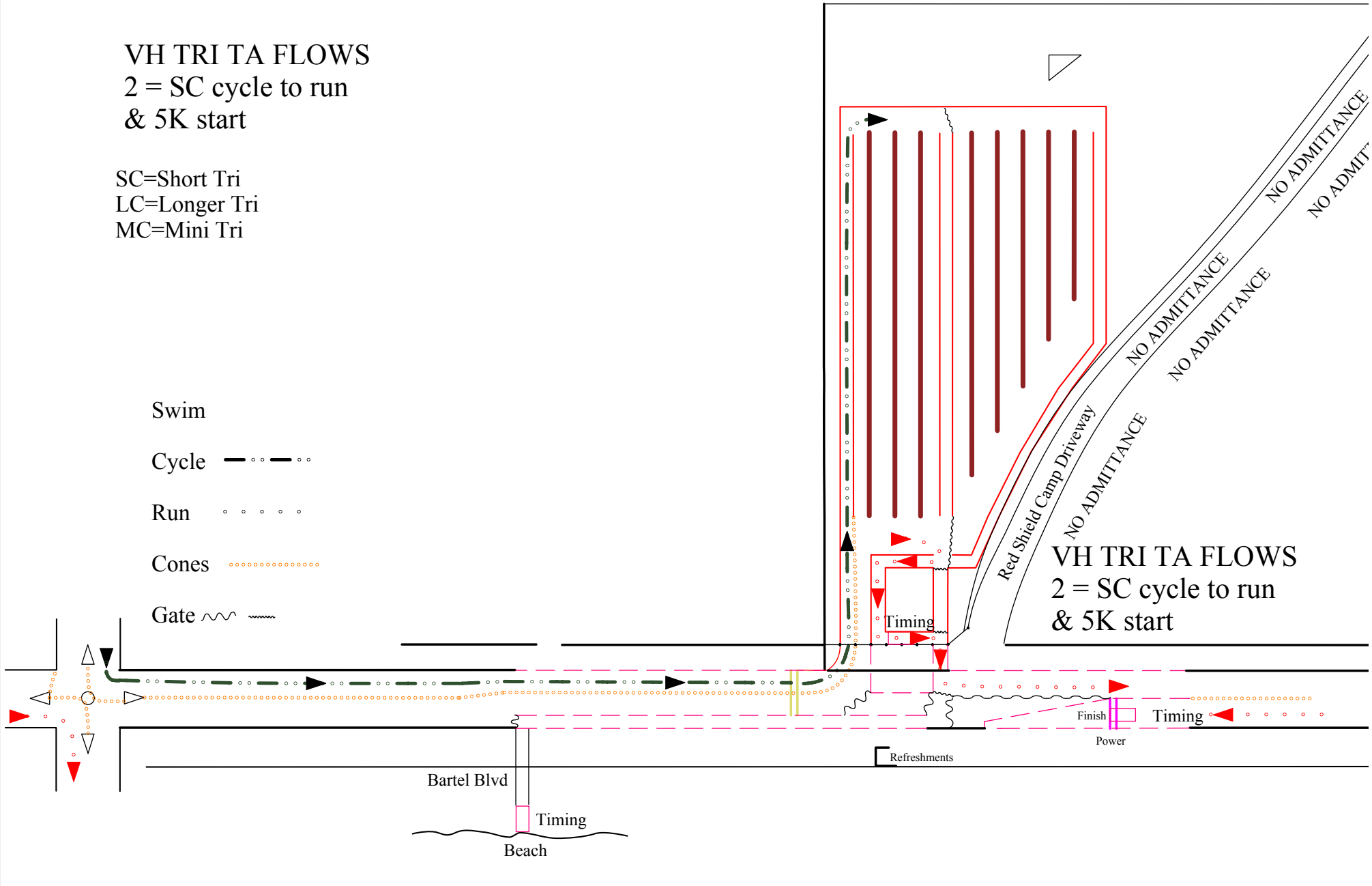
Swim

Cycle —••—••

Run •••••

Cones (orange)

Gate ~~~~~



VH TRI TA FLOWS
 2 = SC cycle to run
 & 5K start

VH TRI TA FLOWS

3 = LC swim to cycle

SC=Short Tri
LC=Longer Tri
MC=Mini Tri

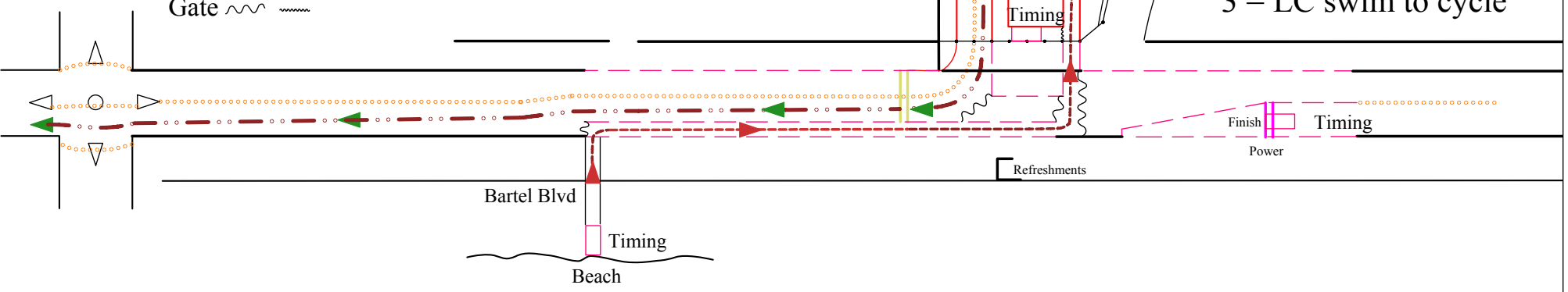
Swim 

Cycle 

Run 

Cones 


Gate 



VH TRI TA FLOWS
4 = LC cycle to run

SC=Short Tri
LC=Longer Tri
MC=Mini Tri

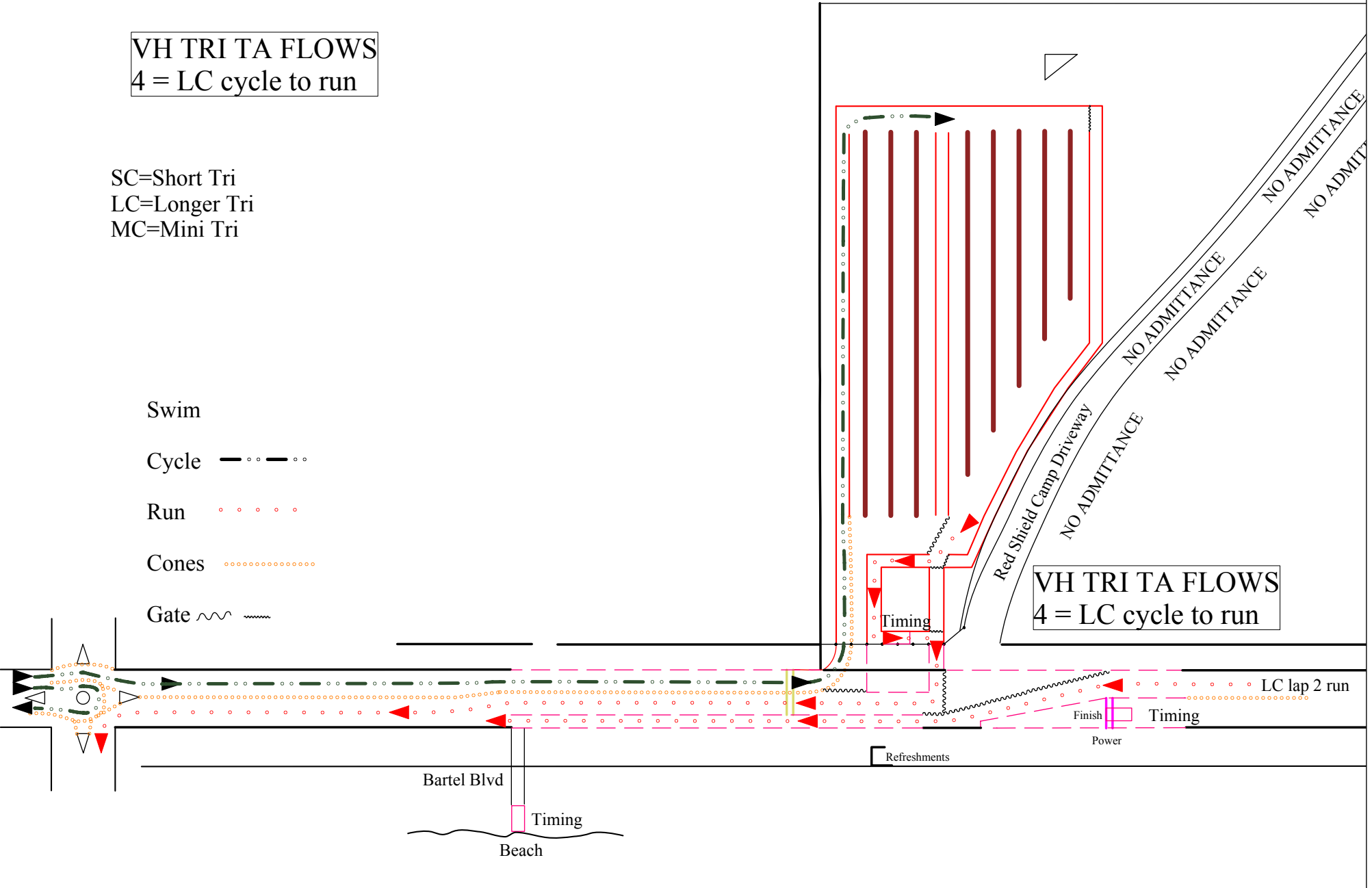
Swim

Cycle 

Run 

Cones 

Gate 



VH TRI TA FLOWS
4 = LC cycle to run

LC lap 2 run

Refreshments

Finish

Power

Timing

Bartel Blvd

Timing

Beach

Red Shield Camp Driveway

NO ADMITTANCE

NO ADMITTANCE

NO ADMITTANCE

NO ADMITTANCE

VH TRI TA FLOWS
5 = MC swim, cycle & run

SC=Short Tri
LC=Longer Tri
MC=Mini Tri

Swim 

Cycle 

Run 

Cones 

Gate 

