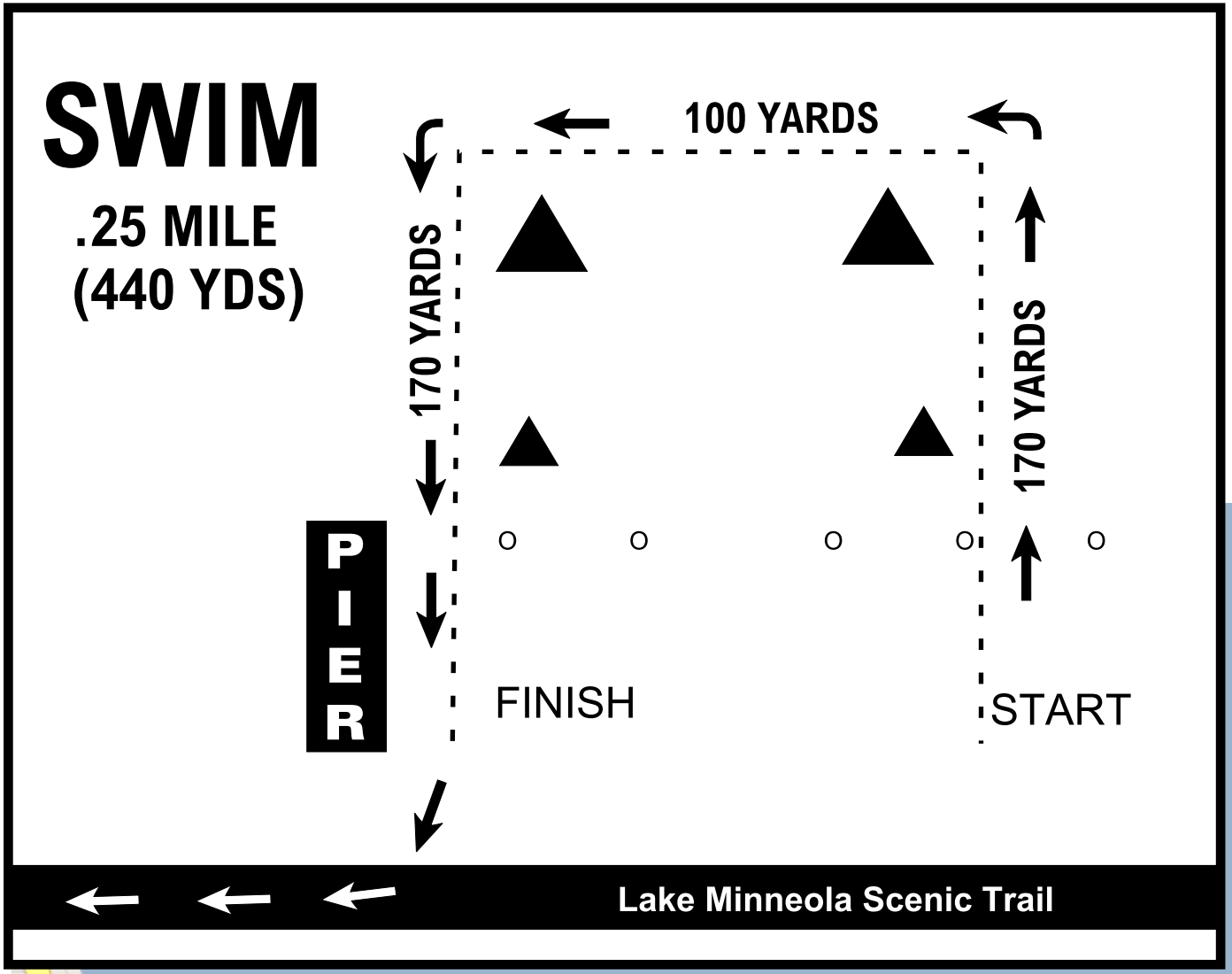
SWIM

.25 MILE
(440 YDS)



CENTRAL FLORIDA TRIATHLON SERIES 2012

RUN

3 MILE COURSE