



General Course Maps *Course closed to all vehicular traffic*

	OLYMPIC BIKE		WATER		TRANSITIONS		TURNAROUND		REFRESHMENTS
	SPRINT/JUNIOR BIKE		GATORADE		SWIM START		BIKE MECHANIC		MEDAL
	YOUTH BIKE		MEDICAL AID		RESTROOMS		CHIP CHECK MAT		

Swim / Run Course Map

OLYMPIC RUN	SWIM START	FULL SERVICE AID	BIKE MECHANIC
SPRINT/JUNIOR RUN	TRANSITIONS	SELF SERVE AID	REFRESHMENTS
YOUTH RUN	RESTROOMS	GATORADE	MEDALS
TURNAROUND	MEDICAL AID	CHIP CHECK MAP	

ALA MOANA SHOPPING CENTER

ATKINSON DR.

ALA MOANA BLVD.

ALA MOANA REGIONAL PARK

ALA MOANA BLVD.

PILKNOI ST.

Run Turnaround
Sprint/Junior/Aquathlon

Run Turnaround
Youth

10K Run
START

Bike
Out/In

Run
Out
START

Finish

Olympic 1500m

Sprint/Junior/
Aquathlon 750m

Youth 400m

