

Crawlman Course Distances/Aid Stations/Check Point

Long Course Run All Arrows are Blue

- Run 1 4.0 Miles
- Run 2 .33 Mile Miles Aid Station 1 at the end of run 2
- Run 3 .25 Miles
- Run 4 3.15 Miles
- Run 5 1.30 Miles Aid Station 2 at the beginning of run 5 and exit of D swim
- Run 6 3.0 Miles Aid Station 3 and the end of run 6 Long - Course Check Point
- Run 7 2.0 Miles
- Run 8 .5 Miles

Approximately 13.5 Miles

Short Course Run All Arrows are Red

- Run 1 1.30 Miles
- Run 2 .33 Miles Aid Station 1 at the end of run 2-Check Point @ end of run 2
- Run 3 .25 Miles
- Run 4 3.15 Miles
- Run 5 .5 Miles Aid Station at the beginning of run 5 and exit of D swim
- Run 6 .5 Miles

Approximately 6.75 Miles

Swim Course

Course		Long Distance	Short Distance
Swim A	Long and Short	800M	800M
Swim B	Long and Short	500M	500M
Swim C	Long and Short	400M	400M
Swim D	Long and Short	300M	300M
Swim E	Long Course only	800M	
Swim F	Long Course only	800M	
Swim G	Long and Short	400M	400M

Long Course Swim Totals Approximately 5K or 4000M

Short Course Swim Totals Approximately 2400 Meters