

SWIM COURSE

NORTH SHORE TRIATHLON SWIM COURSE

400 METER Counter-Clock wise course
Water start behind 2 small buoys or 'floaties'
2 Buoys at each corner, keep these on your LEFT!

DO NOT RUN ON THE REEF. YOU WILL SLIP & FALL
DO NOT ENTER THE WATER IN FRONT OF MOKULEIA BEACH PARK!
THE REEF IS SHARP & LOADED WITH 'VANA' (Google it)!



BIKE COURSE

North Shore Triathlon Bike Course Map

Exit Mokuleia Beach going WEST 1.5 miles to first U-Turn

Heading EAST past Mokuleia Beach Park to second U-Turn at Waialua High School

Heading WEST back to Mokuleia Beach Park & transition for Run Course

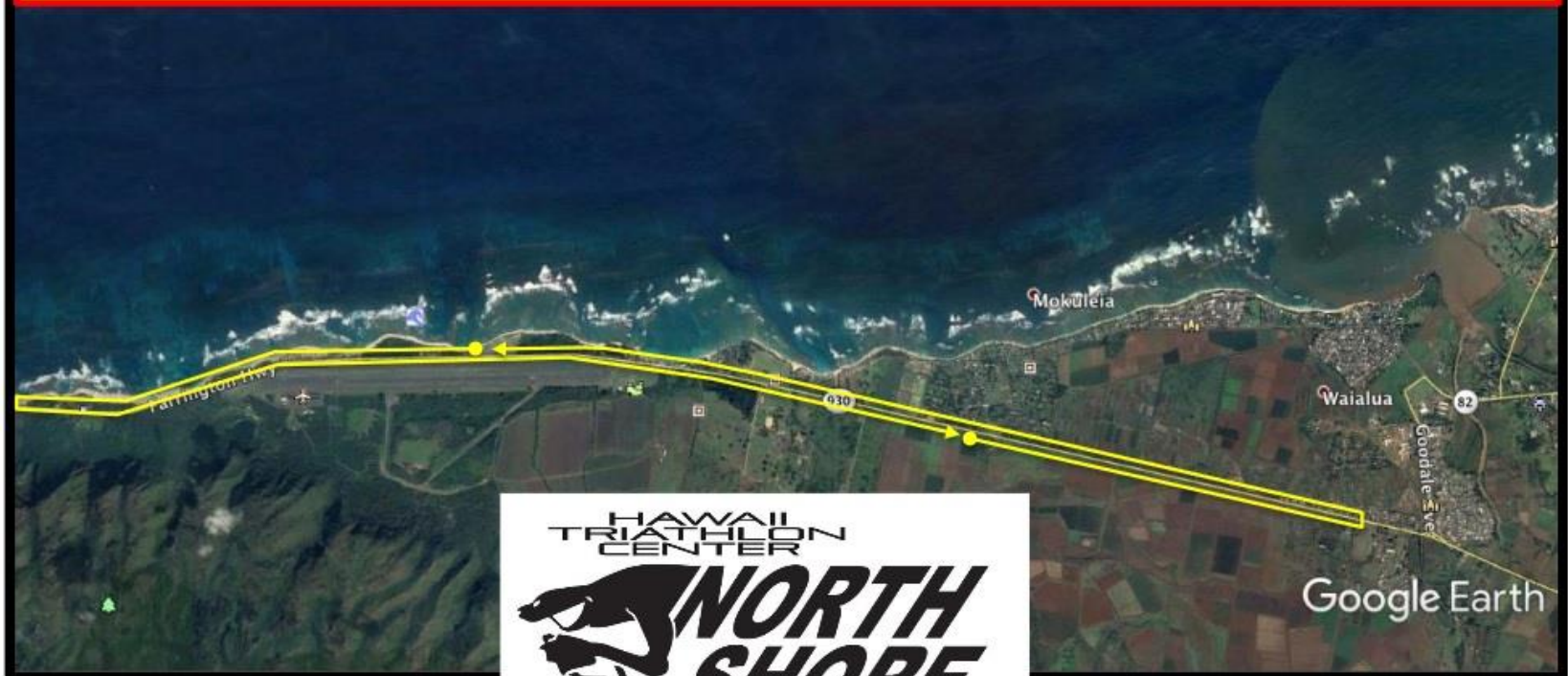
Note: HPD Officer will be at each U-Turn to assist you in a safe turn. Be advised the road is open to vehicles, use caution & common sense.

No iPods on Bike Course

No Drafting! Helmet is required!

Stay to the side of the road!

If you hear "On Your Left" Do not turn left, this means a cyclist is passing you!



RUN COURSE

North Shore Triathlon Run Segment
3 Mile Run – out & back going west running against traffic on the side of the road!
The road is open to vehicle traffic, be safe & respect the North Shore Locals
Mokuleia Beach Park – Transition Area

