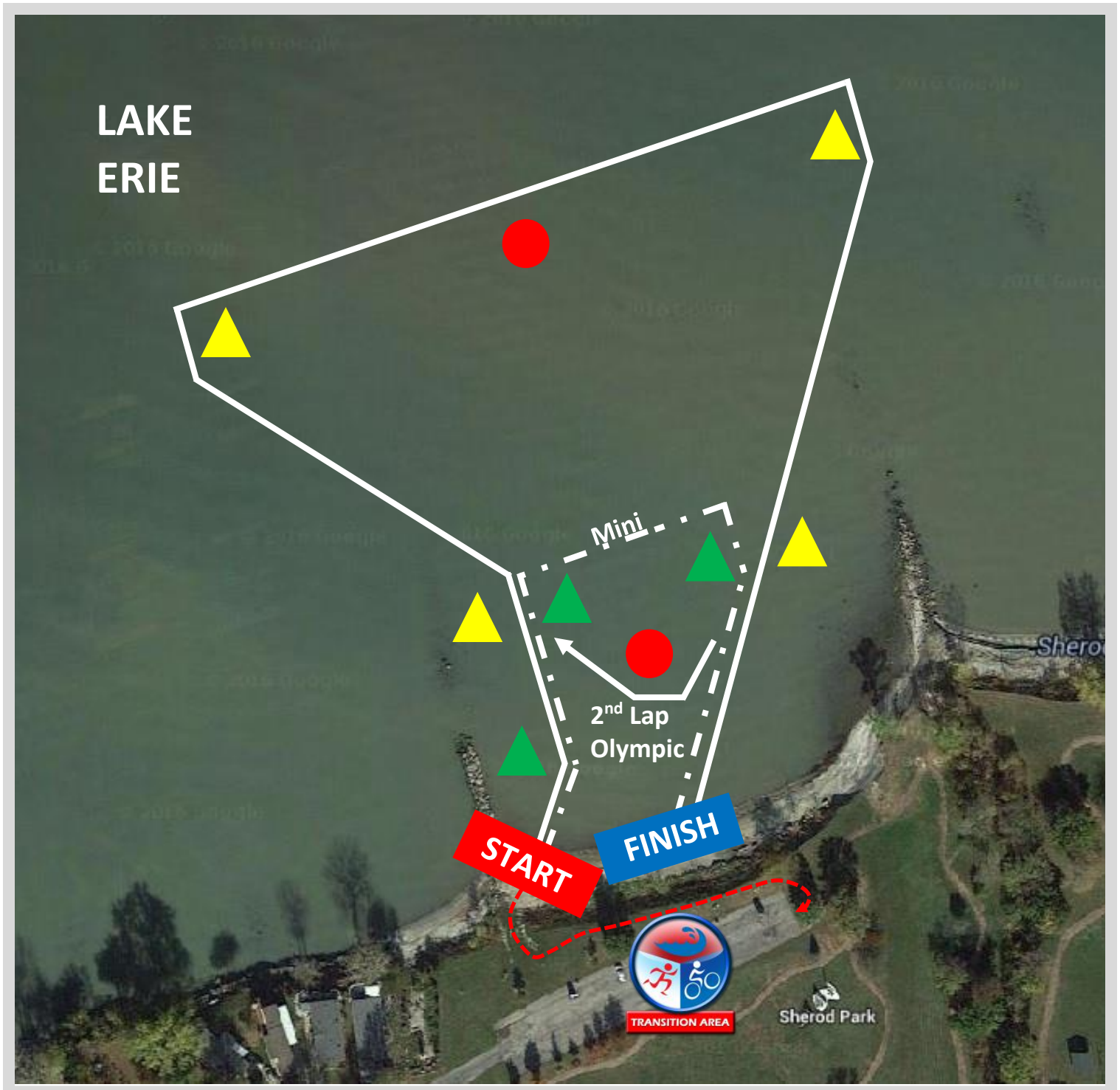


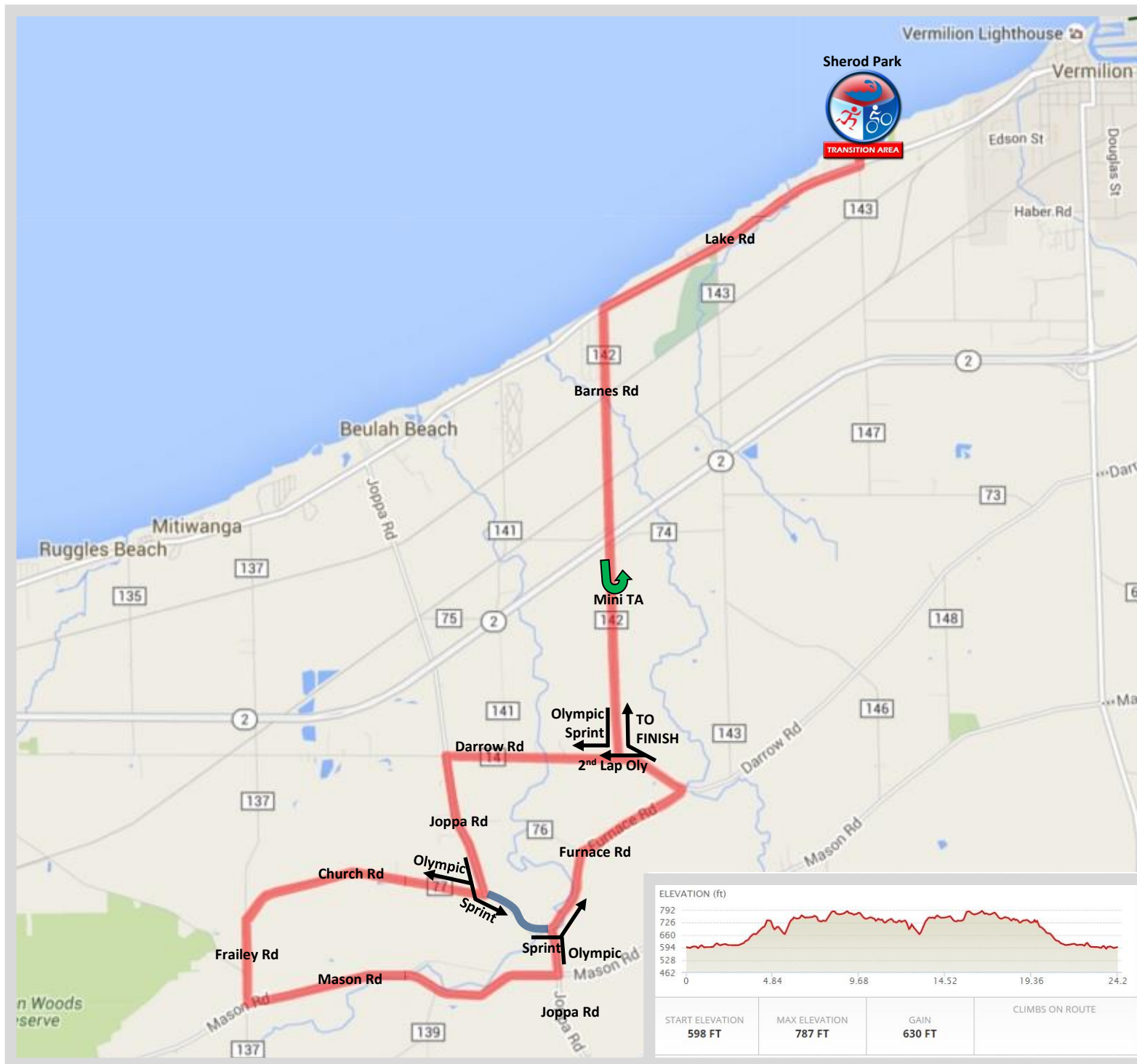


VERMILION HARBOUR
Swim Course Map
Mini – 250 yards
Sprint – 750m
Olympic – 1500m (2 laps)



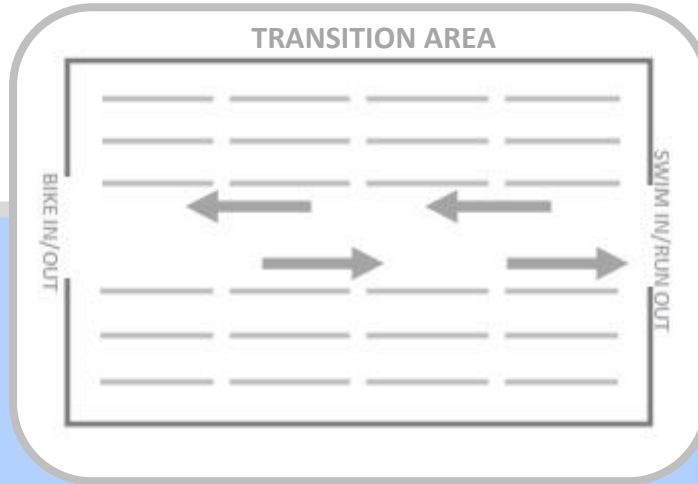


VERMILION HARBOUR
Bike Course Map
 7 Mile – 1 lap (Out & Back)
 21 Kilometer – 1 lap
 40 Kilometer – 1.5 laps





VERMILION HARBOUR
Run Course Map
2 Mile – 1 lap
5 Kilometer – 1 lap
10 Kilometer – 1 lap



LAKE
ERIE

