
 BIKE COURSE (Two Way) - 11 MILES TOTAL

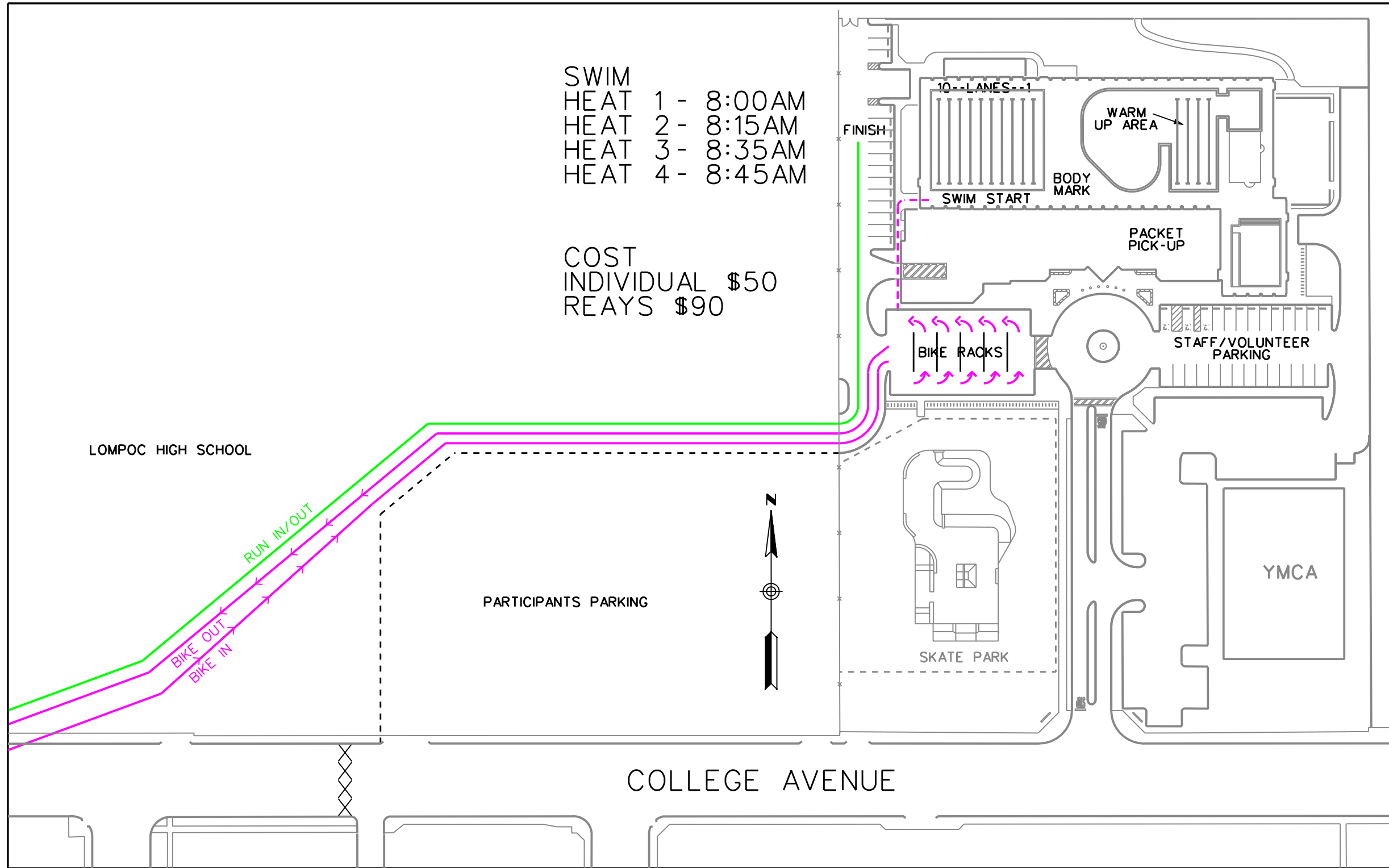
 RUN COURSE (Two-Way) 3.1 MILES TOTAL

LOMPOC PARKS AND URBAN FORESTRY  
PRESENTS

2011 LOMPOC  
SPRINT TRIATHLON

SWIM  
 HEAT 1 - 8:00AM  
 HEAT 2 - 8:15AM  
 HEAT 3 - 8:35AM  
 HEAT 4 - 8:45AM

COST  
 INDIVIDUAL \$50  
 REAYS \$90



LOMPOC PARKS AND URBANFORESTRY  
 2011 LOMPOC SPRINT TRIATHLON  
 AQUATIC CENTER - 207 WEST COLLEGE AVENUE