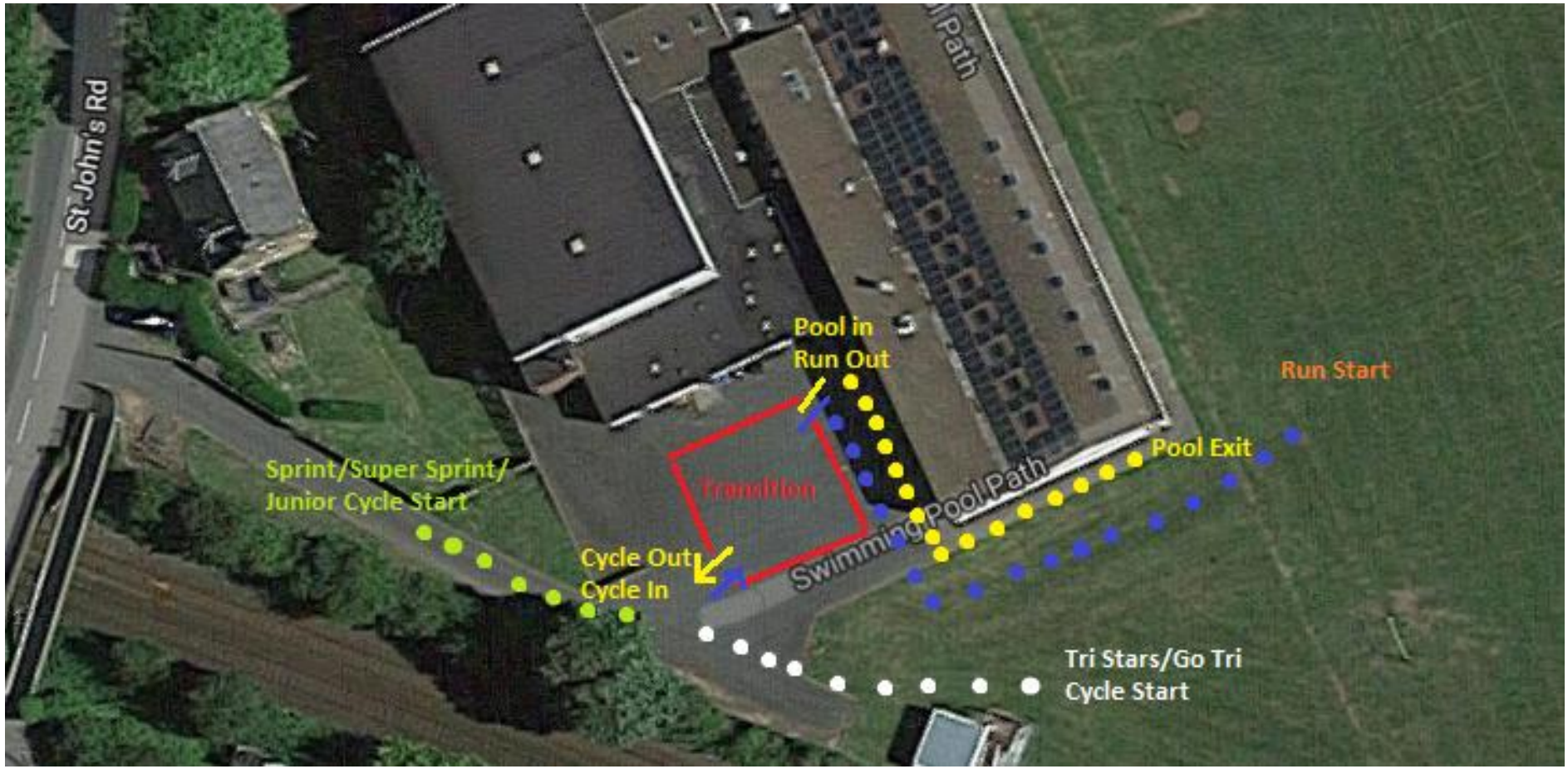
St John's Rd
Pool in
Run Out
Run Start
Pool Exit
Sprint/Super Sprint/
Junior Cycle Start
Transition
Swimming Pool Path
Cycle Out
Cycle In
Tri Stars/Go Tri
Cycle Start