

Pt. Loma

SAN DIEGO BAY

NAVAL SPECIAL WARFARE'S **SUPERFROG** Triathlon

NAVAL AIR STATION, NORTH ISLAND, CA

Bike: Five 11.2 mile laps = 56 miles

Swim: Two 1000yd
Laps = 1.2 miles

Swim
Start

Swim
Finish

Transition
Area

Run: Six 2.2 miles laps = 13.1 miles



RACE COURSE

- Swim
- Bike
- Run
- Wheelchair

Base
Chapel
Theater

Main Gate

Coronado Bridge

Aircraft
Carriers

Moriatt Rd.

Roe St

Quentin Roosevelt

Wright Ave

Rogers Rd.



02 08 06