



LAKE HEFNER

Sunday Bike Course
Sprint (2 Loop)
& Oly (4 Loops)
Course

Saturday Swim Course
Half (1 Lap)
Full (2 Laps)

Sunday Swim Course
Sprint (1 Lap)
& Oly (2 Laps)
Course

Sunday Run Turnaround for Sprint (1 Loop) & Oly (2 Loops) Courses

Turnaround Point for Saturday's Events
Half (2 Loops)
Full (4 Loops)

LEGEND	
	AID STATIONS
	BARRICADE
	ICE STORAGE
	LIGHTS
	MEDICAL TENT
	MISTERS
	PORT 'A' POTTIES
	ROAD CLOSED
	ROAD CROSSING
	TRASH

Map Provided by:
Atlas.com
1.888.94.ATLAS