



LAKE HEFNER

Sunday Bike Course
Sprint (2 Loop)
& Oly (4 Loops)
Course
National Championship
Years Only

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

**Optional
Low Water
Swim Course**

Sunday Swim Course
Sprint (1 Lap)
& Oly (2 Laps)
Course
National Championship
Years Only

**Sunday Run
Turnaround for
Sprint (1 Loop)
& Oly (2 Loops)
Courses**
National Championship
Years Only

**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