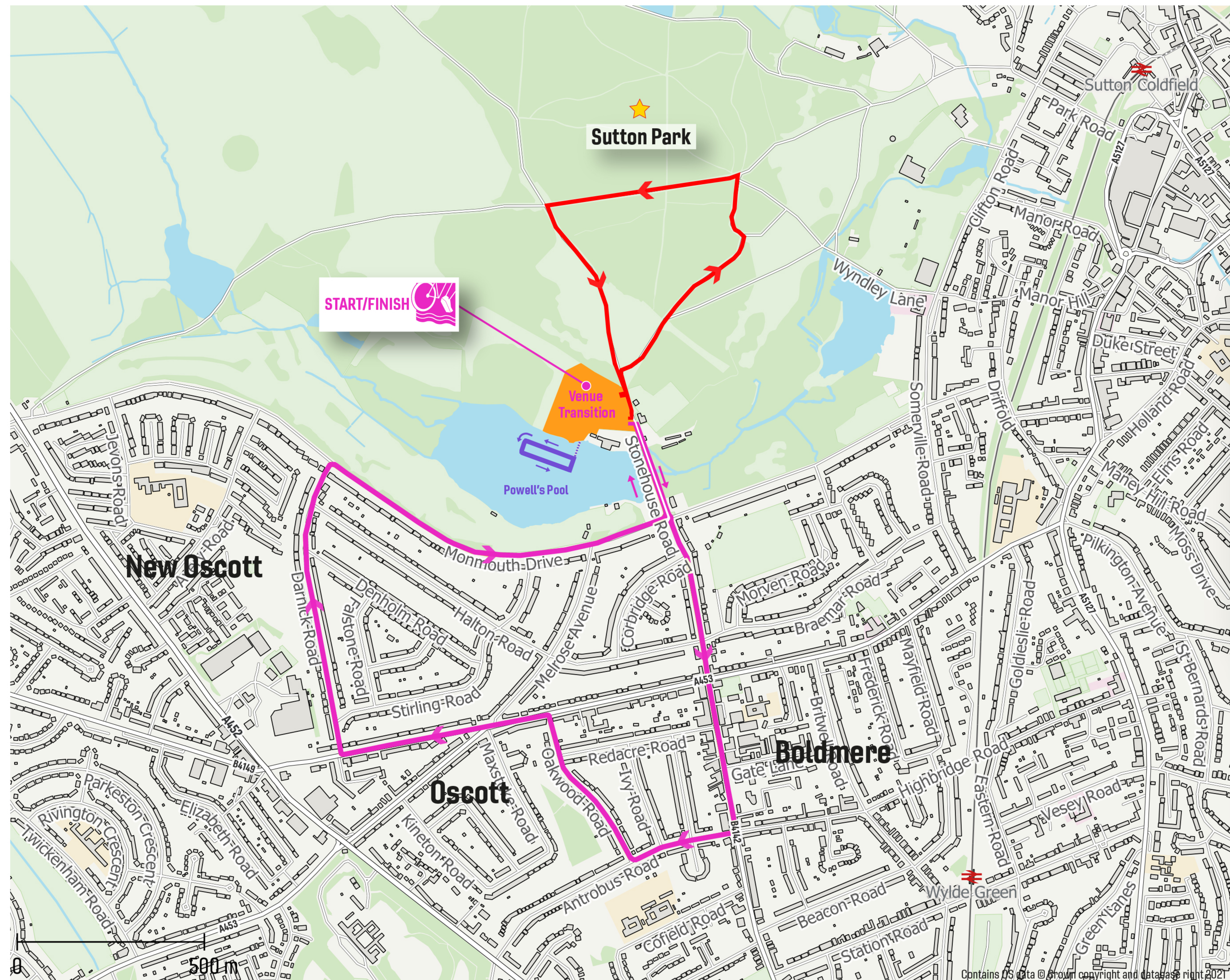


BIRMINGHAM 2022 TRIATHLON: MIXED RELAY

**GET SET
FOR THE
GAMES
28 JULY - 8 AUG**



COURSE INFORMATION





Swim: **300m**
Bike: **5km**
Run: **2km**

Location: **Sutton Park**
Date: **31 July 2022**

4 Athletes in a team. Each athlete completes the swim, bike and run leg before tagging the next athlete in their team.

Athletes always compete:
Women - Men - Women - Men

KEY

-  Swim Route
-  Cycling Route
-  Running Route
-  Competition Venue

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