



Triathlon

Odaiba Marine Park



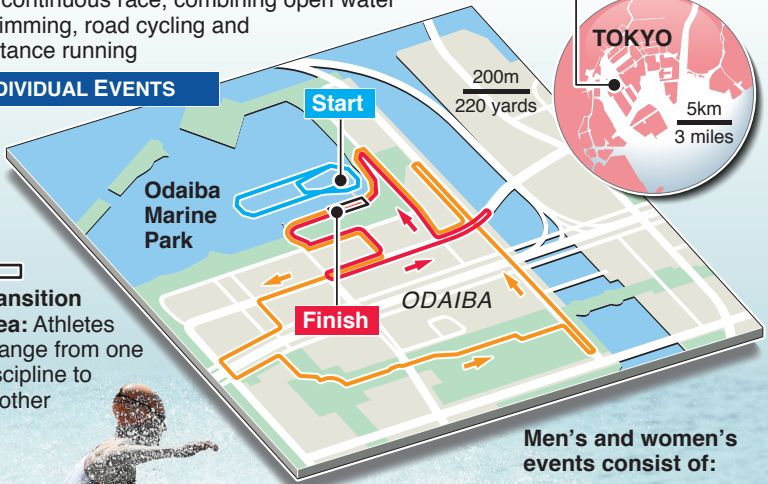
Competition format: Each event is held as continuous race, combining open water swimming, road cycling and distance running

INDIVIDUAL EVENTS

Odaiba Marine Park



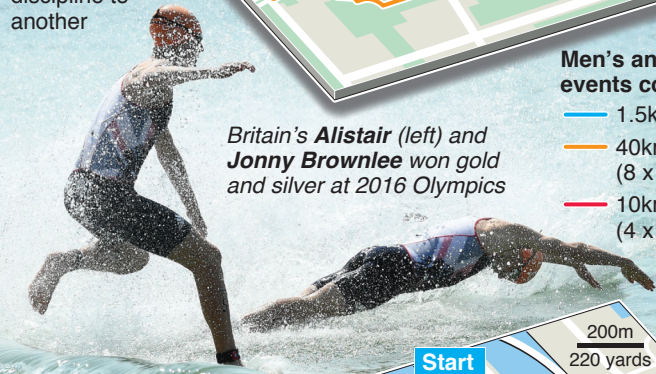
Transition area: Athletes change from one discipline to another



Men's and women's events consist of:

- 1.5km swim
- 40km bike (8 x 5km laps)
- 10km run (4 x 2.5km laps)

*Britain's **Alistair** (left) and **Jonny Brownlee** won gold and silver at 2016 Olympics*

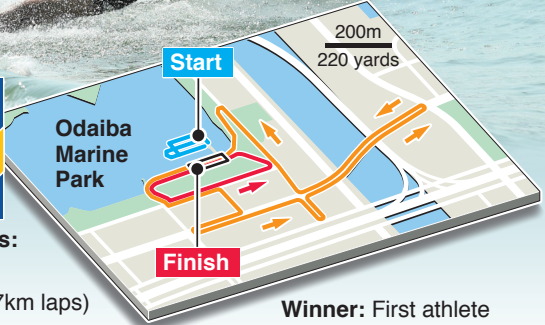


MIXED RELAY – teams of two men and two women compete over short course

NEW

Each athlete completes:

- 300m swim
- 7.4km bike (2 x 3.7km laps)
- 2km run (2 x 1km laps)



Winner: First athlete (or team) to finish course