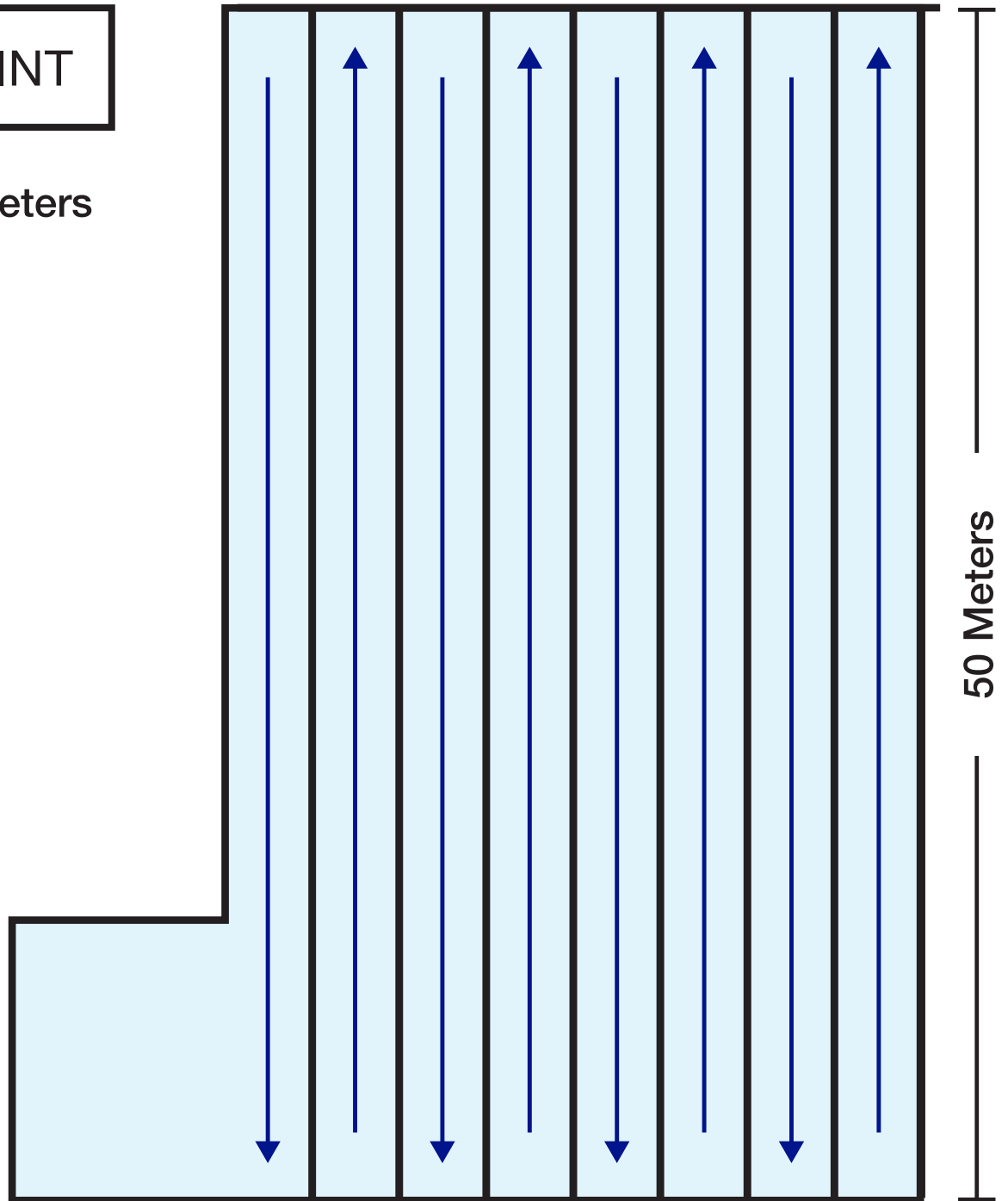




# TRIFEST FOR MS – SPRINT

SPRINT

400 meters



SWIM  
EXIT

START

Double gates to transition  
(swim out)