Ascension Seton

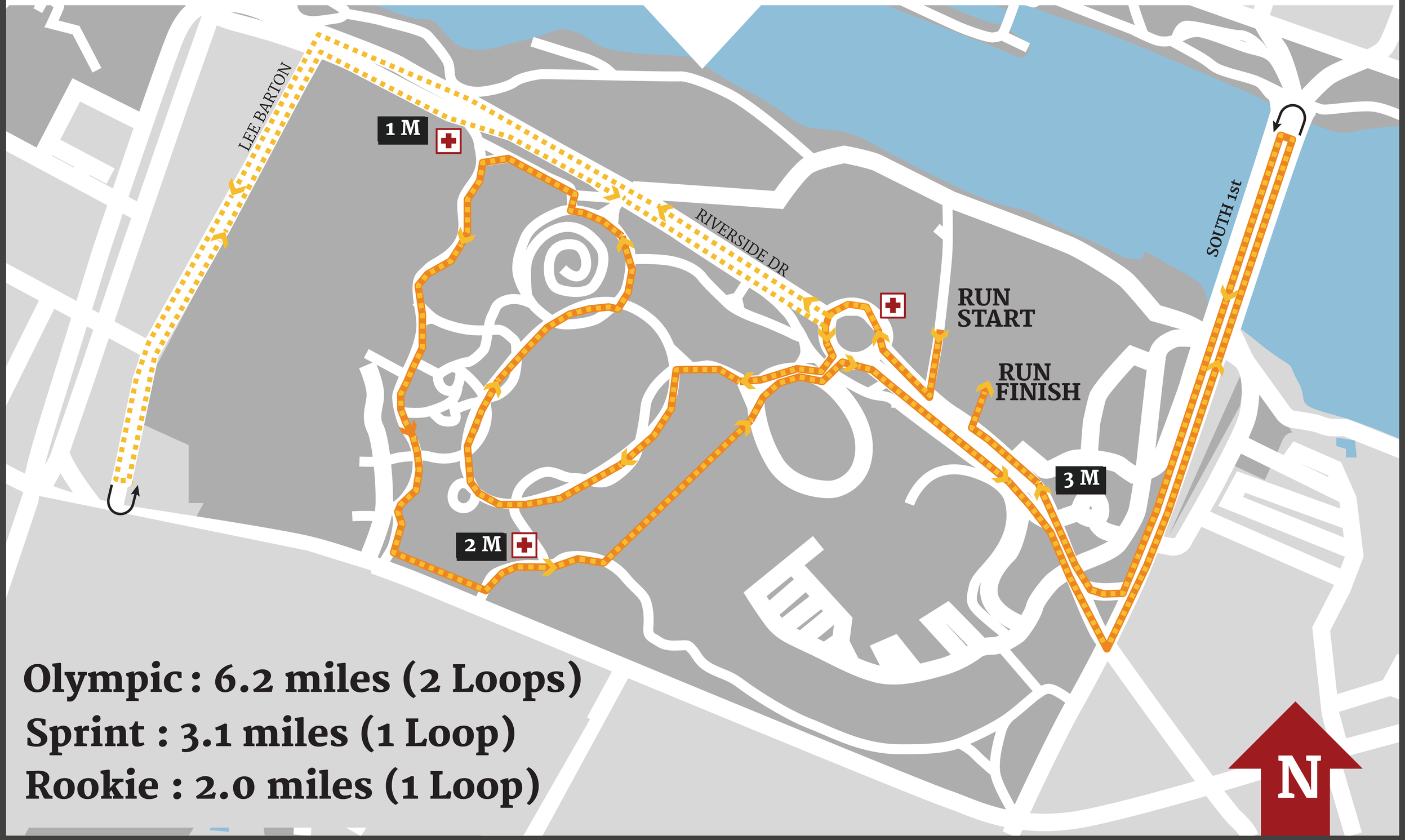
# CAPITEX

# RUN COURSE

Sprint & Olympic

Rookie Tri

Aid Station




**Olympic : 6.2 miles (2 Loops)**

**Sprint : 3.1 miles (1 Loop)**

**Rookie : 2.0 miles (1 Loop)**