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|--|-------|
|  | Bike  |
|  | Run   |
|  | Canoe |
|  | Hike  |

Dashed line = Neutralised zone – No racing!

|  |                           |
|--|---------------------------|
|  | Stage Number & Start      |
|  | Stage Finish              |
|  | Team Mountain Challenge   |
|  | Archery Challenge         |
|  | Team Parking              |
|  | Toilet                    |
|  | Feed Station              |
|  | Bike Drop                 |
|  | First Aid/Mountain Rescue |

