



BURLINGTON

Relay Exchange Area at 19.5km  
**\*20km\***  
 Water #5

Relay Exchange Area  
**\*15km\***  
 Water #4

HAMILTON HARBOUR

LAKE ONTARIO

HAMILTON

**\*10km\***  
 Relay Exchange Area  
 Water #3

**Start**  
 York Blvd & Caroline St.

**Finish**  
 Inside Copps Coliseum  
 Bay and Yorks Sts.

