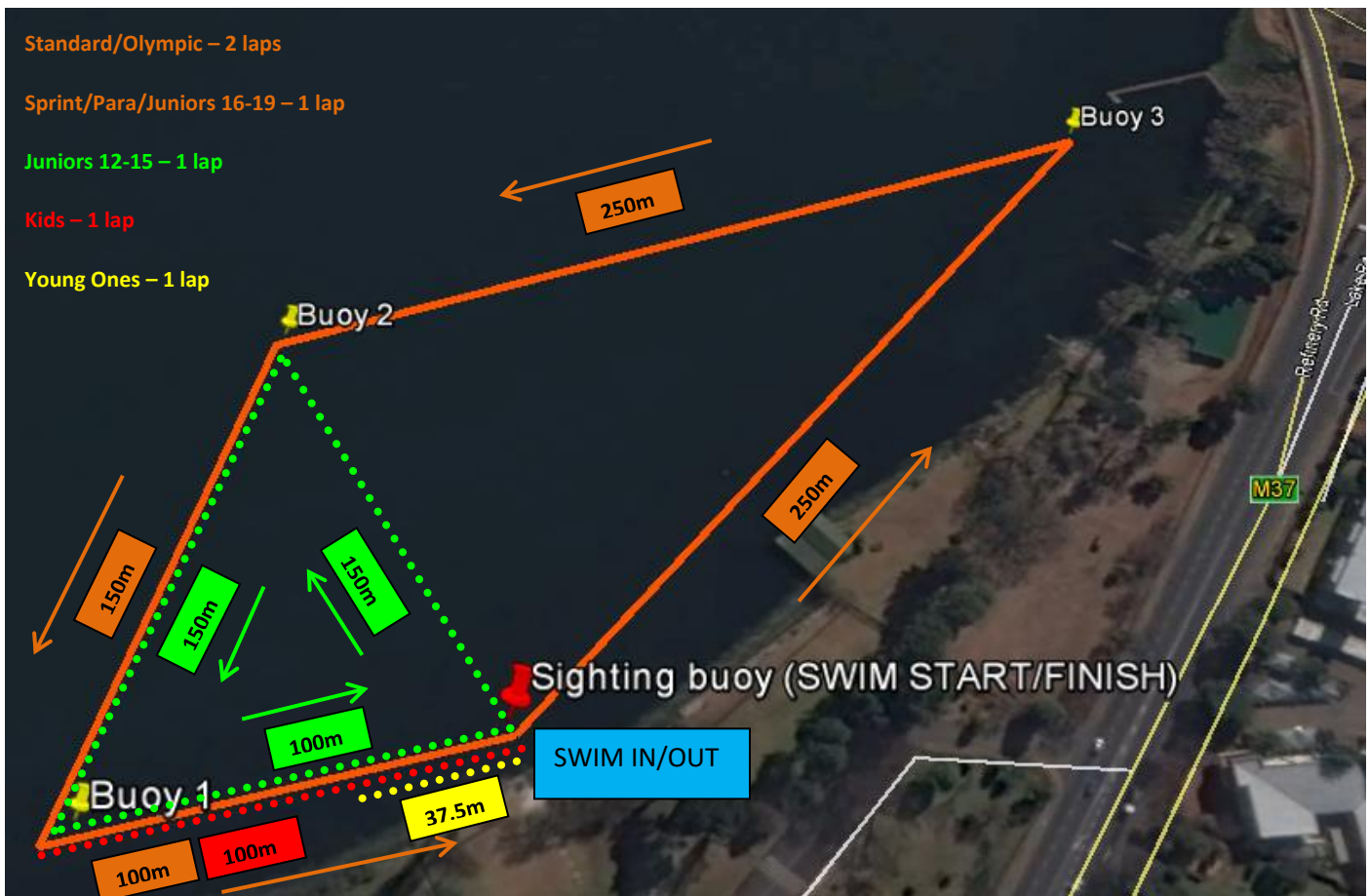


# Course routes – Triathlon & Duathlon

## Swim Course Routes (Triathlon only)

### Swim Route –

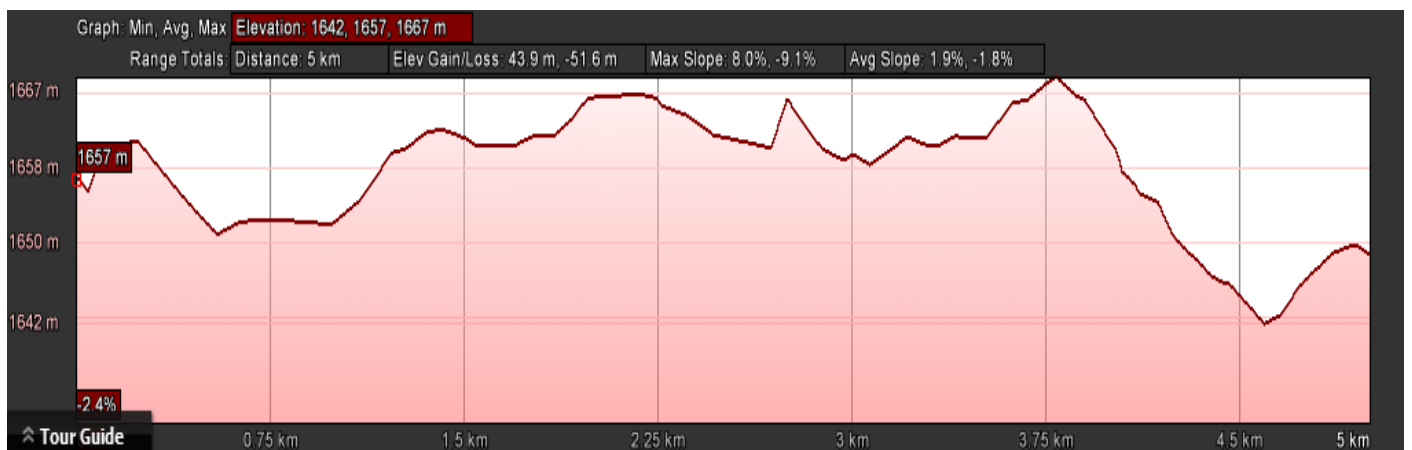
- Standard/Olympic distance triathlon – 2 laps of 750m
- Sprint distance triathlon (ages 20+) – 1 lap of 750m
- Para triathlon (ages 16+) – 1 lap of 750m
- Juniors triathlon (ages 16-19) – 1 lap of 750m
- Juniors triathlon (ages 12-15) – 1 lap of 400m
- Kids triathlon (ages 10-11) – 1 lap of 200m
- Young Ones triathlon (ages 8-9) – 1 lap of 75m



# Cycle Course Routes

## Cycle Route – 4.92km out and 4.92km back (1 lap)

- Standard/Olympic distance races – 4 laps
- Sprint distance races (ages 20+) – 2 laps
- Para races (ages 16+) – 2 laps
- Juniors races (ages 16-19) – 2 laps
- Juniors races (ages 12-15) – 1 lap



# Cycle Course Routes (continued)

## Cycle Route – 2km (1 lap)

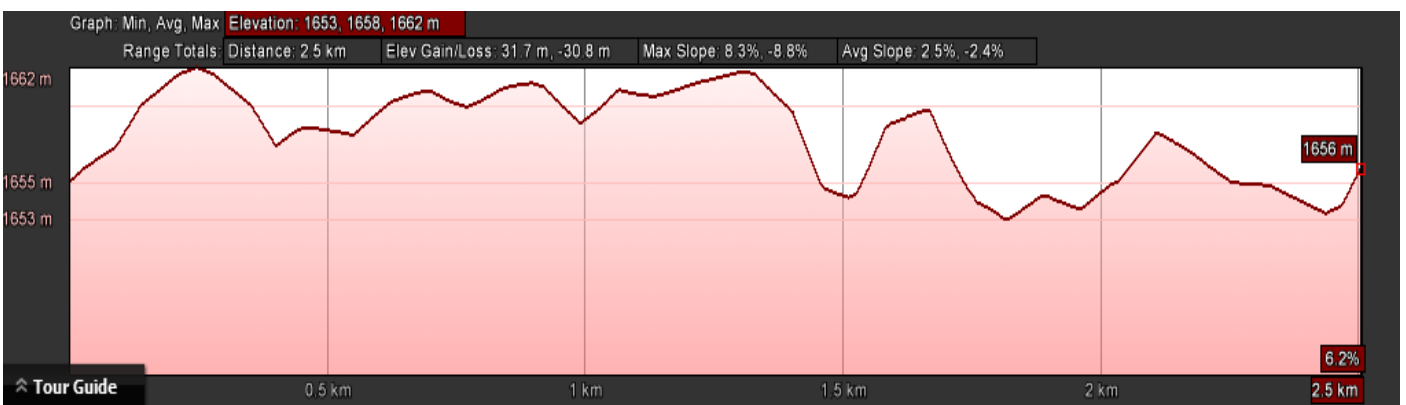
- Kids races – 2 laps
- Young Ones races – 1 lap



# Run Course Routes

## Run Route – 1.25km out and 1.25km back (1 lap)

- Standard/Olympic distance triathlon race – 4 laps
- Standard/Olympic distance duathlon race – 4 laps, cycle, 2 laps
- Sprint distance triathlon race (ages 20+) – 2 laps
- Sprint distance duathlon race (ages 20+) – 2 laps, cycle, 1 lap
- Para triathlon race (ages 16+) – 2 laps
- Para duathlon race (ages 16+) – 2 laps, cycle, 1 lap
- Juniors triathlon race (ages 16-19) – 2 laps
- Juniors duathlon race (ages 16-19) – 2 laps, cycle, 1 lap
- Juniors triathlon race (ages 12-15) – 1 lap
- Juniors duathlon race (ages 12-15) – 1 lap, cycle, ½ lap



# Run Course Routes (continued)

## Run Route – 325m out and 325m back (1 lap)

- Kids triathlon race – 2 laps
- Kids duathlon race – 2 laps, cycle, 1 lap
- Young Ones triathlon race – 1 lap
- Young Ones duathlon race – 1 lap, cycle, 1 lap

