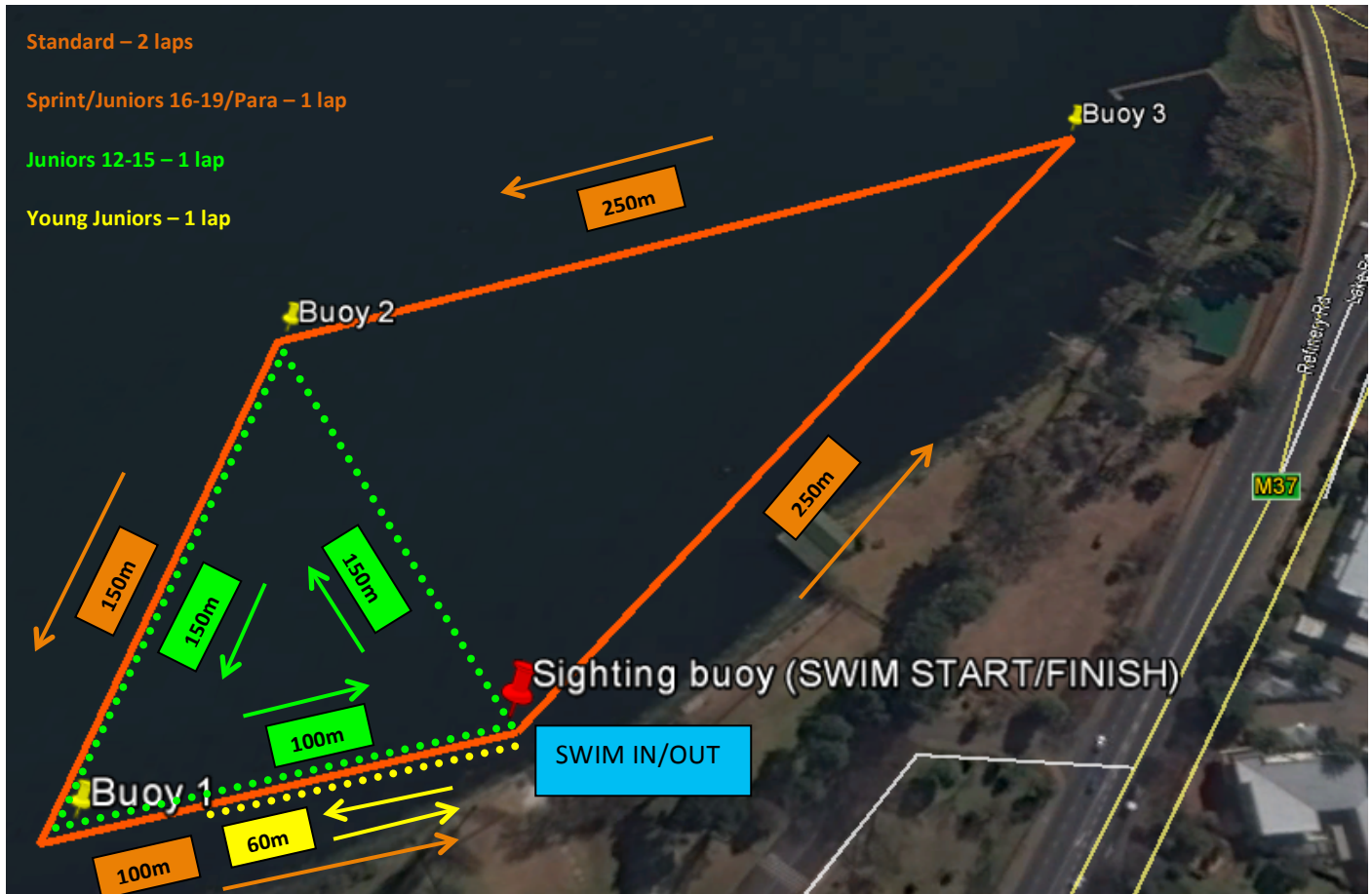


Trinity Sports: Germiston Course Routes for Triathlon & Duathlon

Swim Course Routes (Triathlon Only)

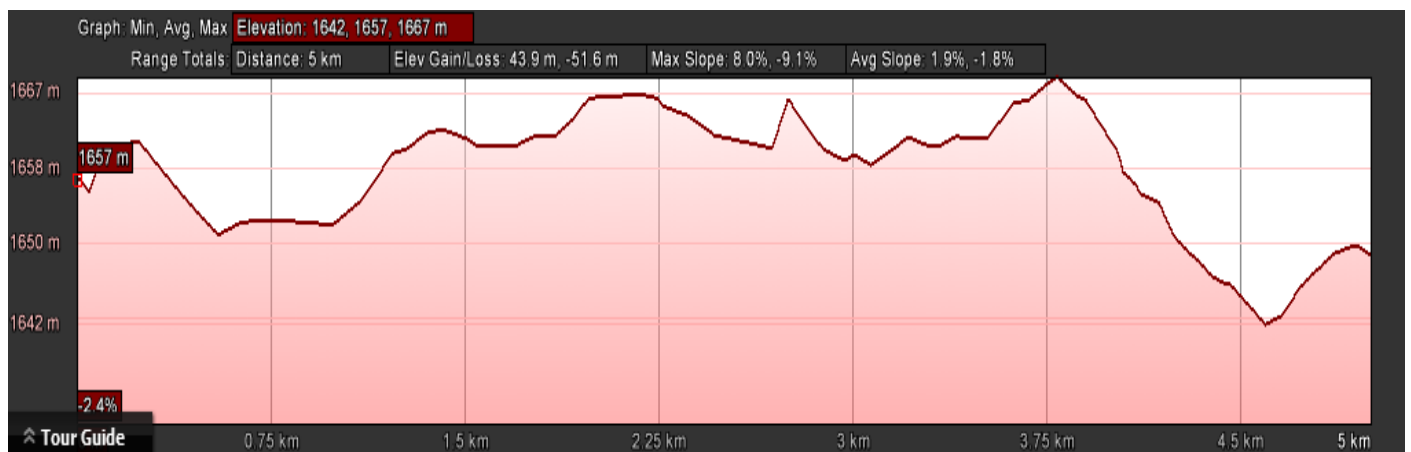
- Standard distance triathlon – 2 laps of 750m
- Sprint distance triathlon (ages 16+ & para athletes) – 1 lap of 750m
- Juniors triathlon (ages 12-15) – 1 lap of 400m
- Young Juniors triathlon (ages 8-11) – 1 lap of 120m



Cycle Course Routes

Cycle Route: 4.92km out and 4.92km back (1 lap)

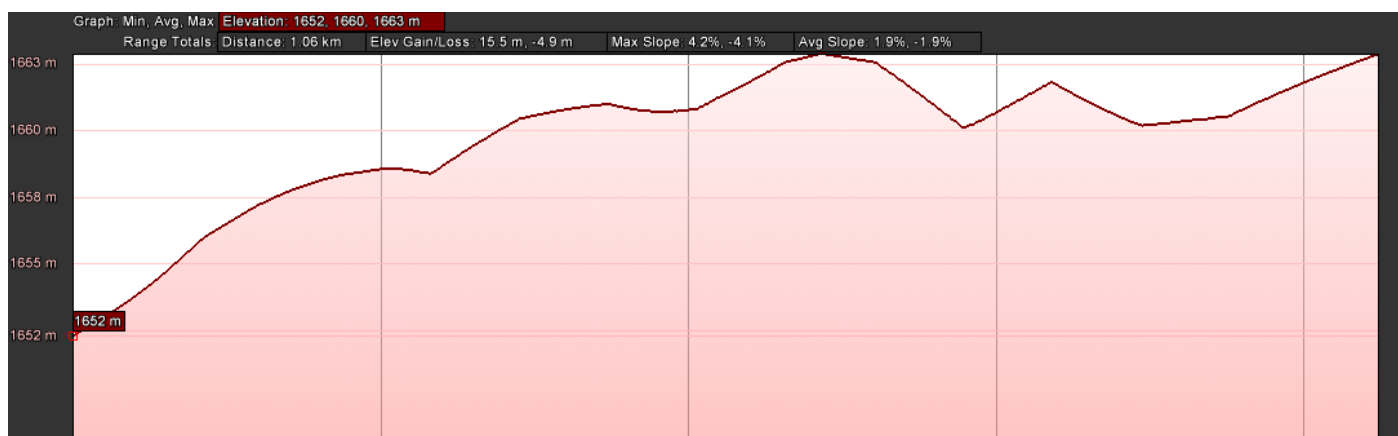
- Standard distance races – 4 laps
- Sprint distance races (ages 16+ & para athletes) – 2 laps
- Juniors races (ages 12-15) – 1 lap



Cycle Course Routes (continued)

Cycle Route: 2km (1 lap)

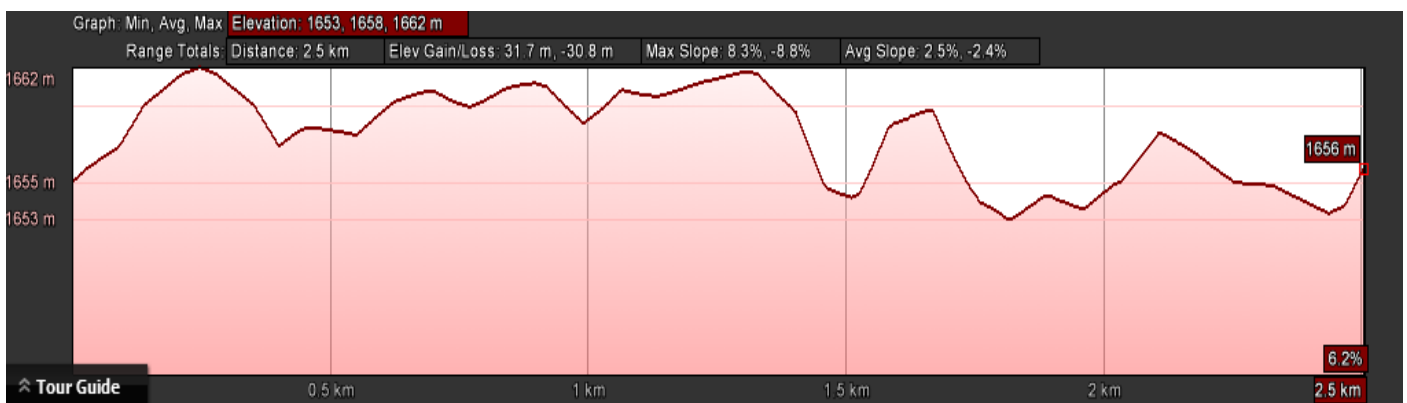
- Young Juniors races – 2 laps



Run Course Routes

Run Route: 1.25km out and 1.25km back (1 lap)

- Standard distance triathlon race – 4 laps
- Standard distance duathlon race – 4 laps, cycle, 2 laps
- Sprint distance triathlon race (ages 16+ & para athletes) – 2 laps
- Sprint distance duathlon race (ages 16+ & para athletes) – 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: 250m out and 250m back (1 lap)

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

