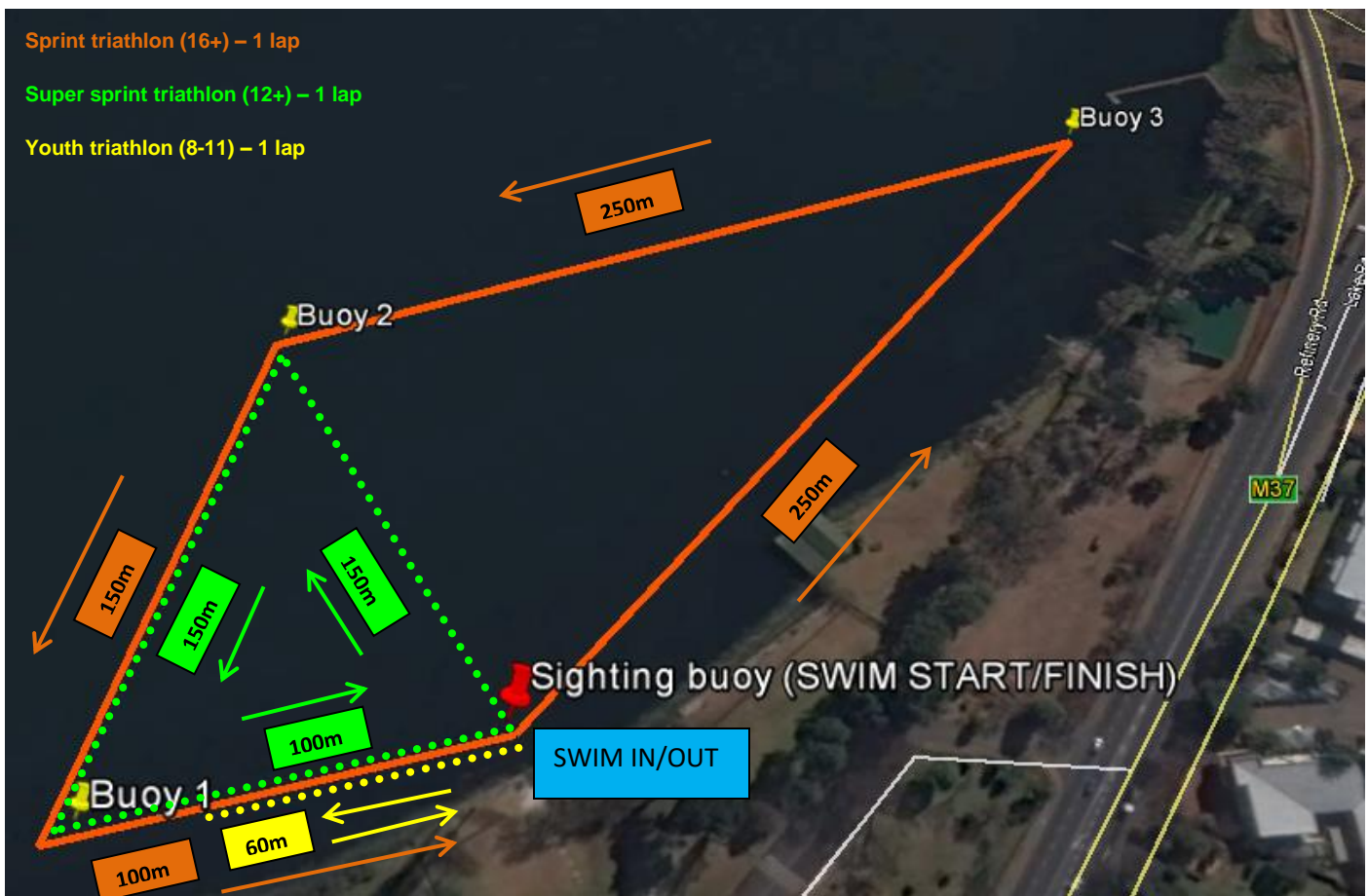


Course routes – Triathlon

Swim Course

- Sprint triathlon (ages 16+) – 1 lap of 750m
- Super sprint triathlon (ages 12+) – 1 lap of 400m
- Youth triathlon (ages 8-11) – 1 lap of 120m



Cycle Course

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

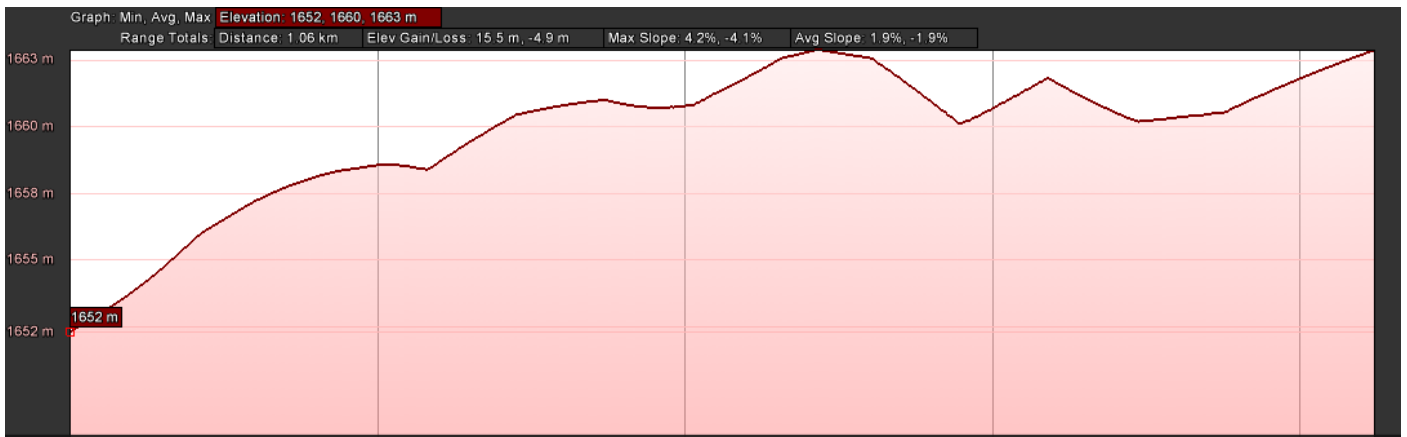
- Sprint triathlon (ages 16+) – 2 laps
- Super sprint triathlon (ages 12+) – 1 lap



Cycle Course (continued)

Route – 2km (1 lap)

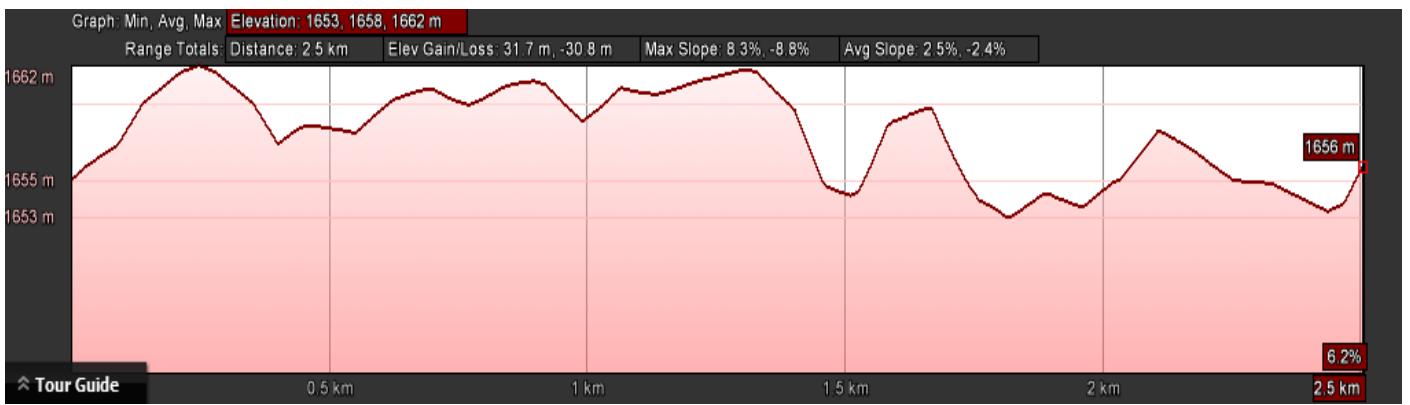
- Youth triathlon – 2 laps



Run Course

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

- Sprint triathlon (ages 16+) – 2 laps
- Super sprint triathlon (ages 12+) – 1 lap



Run Course (continued)

Run Route – 250m out and 250m back (1 lap)

- Youth triathlon – 1 lap

