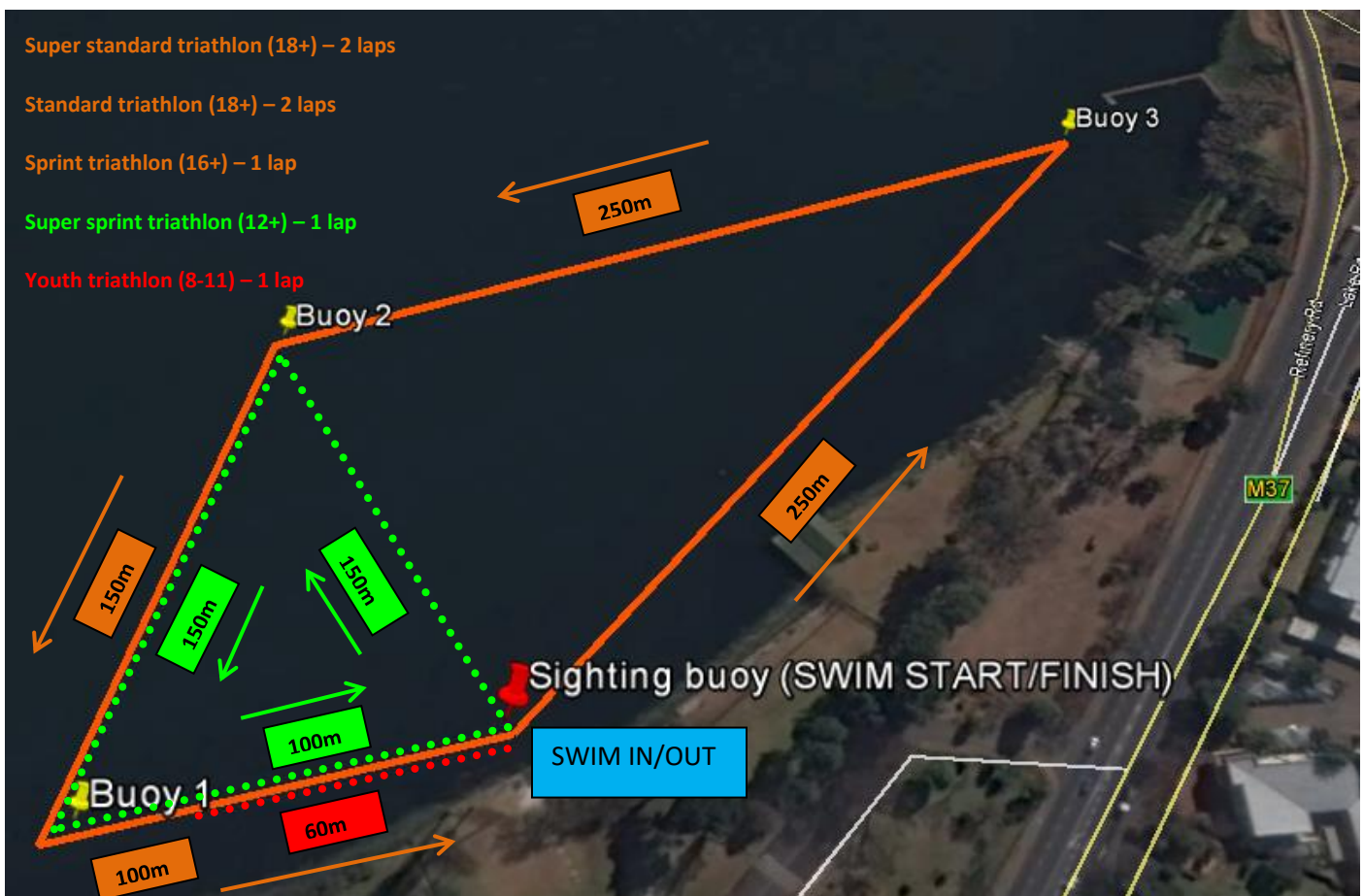


Course routes – Triathlon, Open Water & Duathlon

Swim Course Routes (Triathlon & Open Water only)

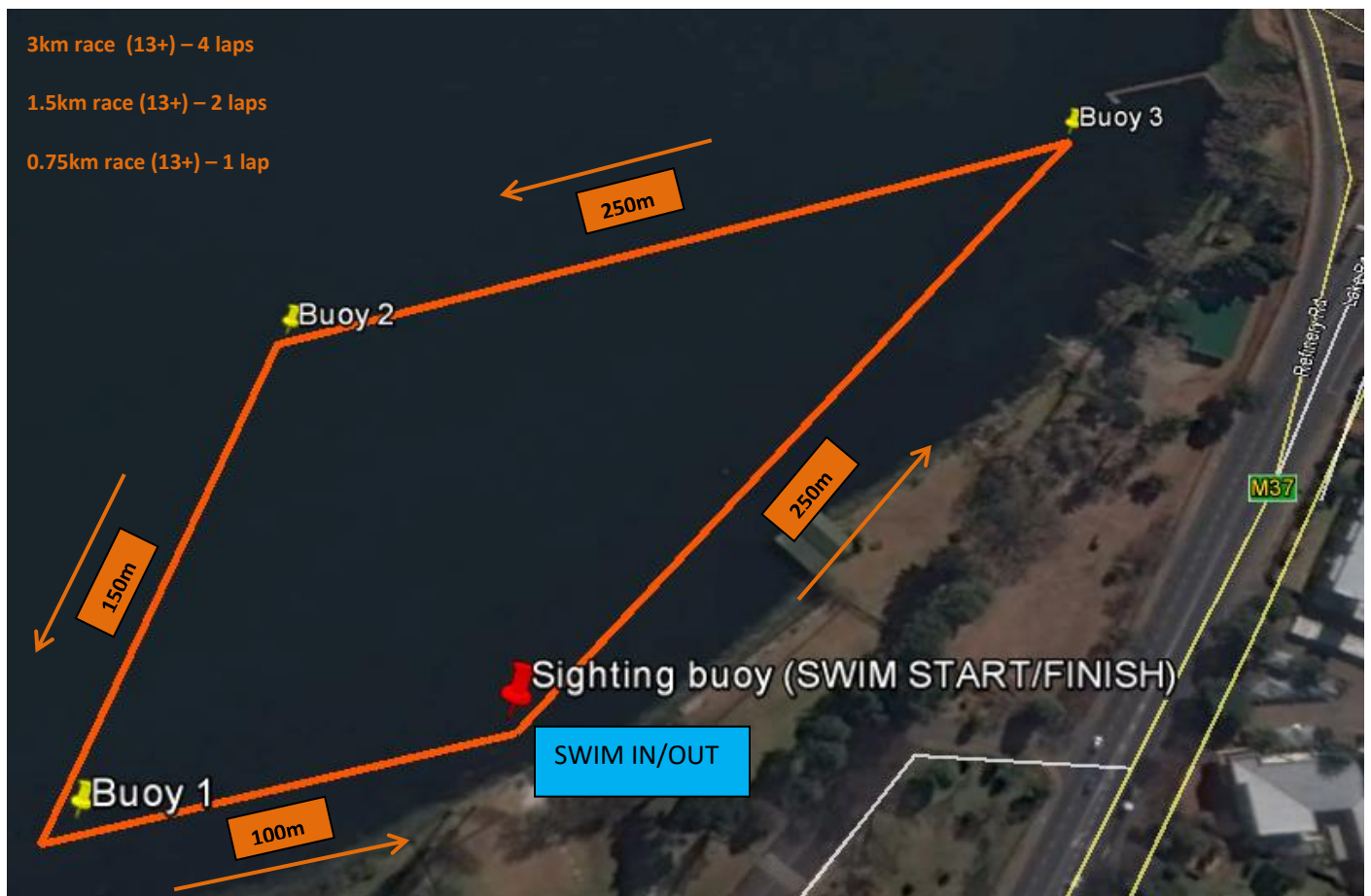
Swim Route (triathlon races)

- Super standard distance triathlon (ages 18+) – 2 laps of 750m
- Standard distance triathlon (ages 18+) – 2 laps of 750m
- Sprint distance triathlon (ages 16+) – 1 lap of 750m
- Super sprint triathlon (ages 12-15) – 1 lap of 400m
- Youth triathlon (ages 8-11) – 1 lap of 120m



Swim Route (open water swimming races)

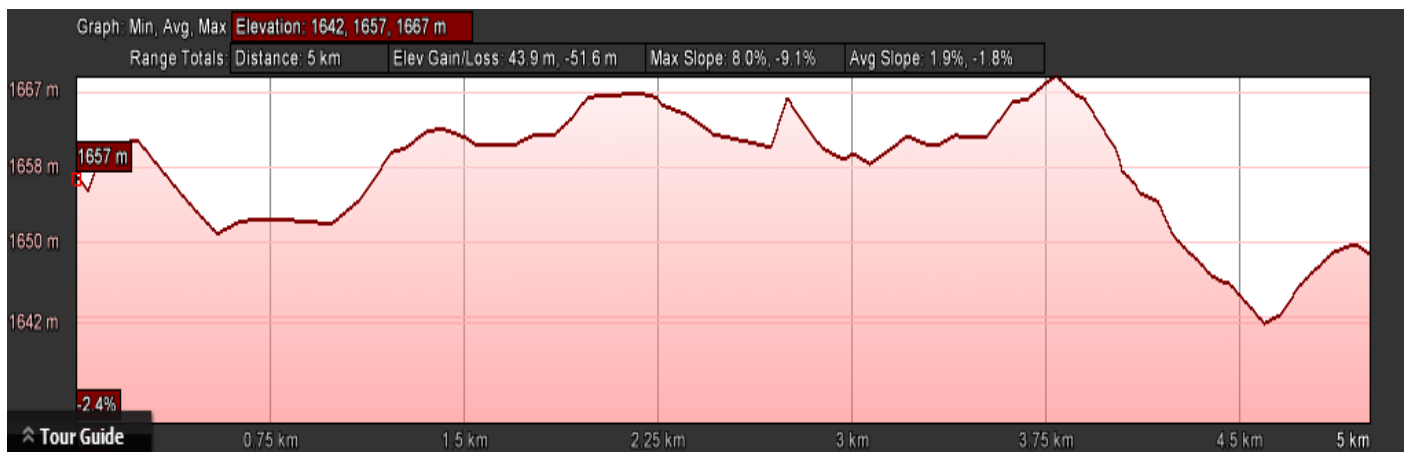
- 3km Open water swim race (ages 13+) – 4 laps of 750m
- 1.5km Open water swim race (ages 13+) – 2 laps of 750m
- 0.75km Open water swim race (ages 13+) – 1 lap of 750m



Cycle Course Routes

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

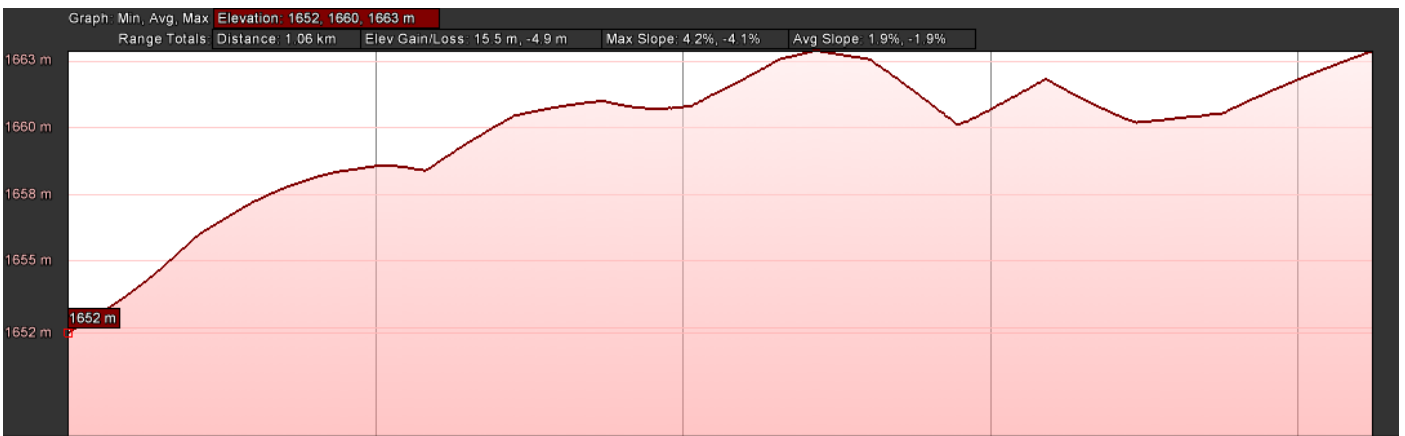
- Super standard distance races (ages 18+) – 6 laps
- Standard distance races (ages 18+) – 4 laps
- Sprint distance races (ages 16+) – 2 laps
- Super sprint distance races (ages 12+) – 1 lap



Cycle Course Routes (continued)

Cycle Route – 2km (1 lap)

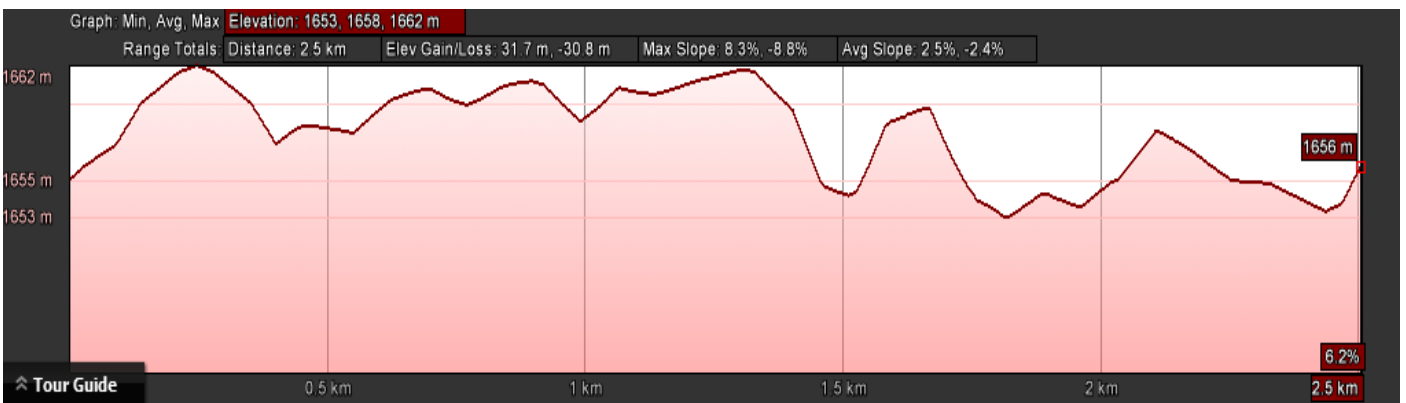
- Youth races – 2 laps



Run Course Routes

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

- Super standard distance triathlon (ages 18+) – 6 laps
- Standard distance triathlon (ages 18+) – 4 laps
- Super standard distance duathlon (ages 18+) – 6 laps
- Standard distance duathlon (ages 18+) – 4 laps, cycle, 2 laps
- Sprint distance triathlon (ages 16+) – 2 laps
- Sprint distance duathlon (ages 16+) – 2 laps, cycle, 1 lap
- Super sprint triathlon (ages 12+) – 1 lap
- Super sprint duathlon (ages 12+) – 1 lap, cycle, ½ lap



Run Course Routes (continued)

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

- Youth triathlon (ages 8-11) – 1 lap
- Youth duathlon (ages 8-11) – 1 lap, cycle, 1 lap

