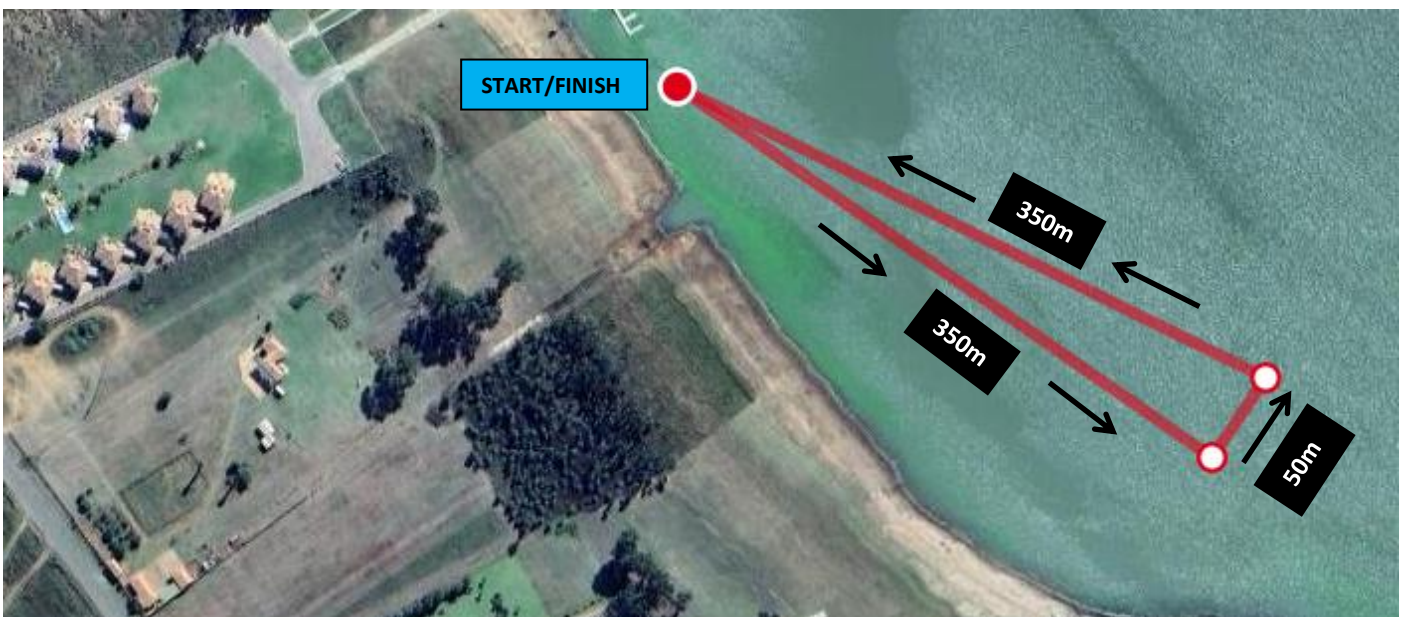


Course routes – Vaal Marina

Sprint triathlon

Swim Course

- Sprint triathlon (ages 16+) – 1 lap of 750m (anti-clockwise)



Cycle Course

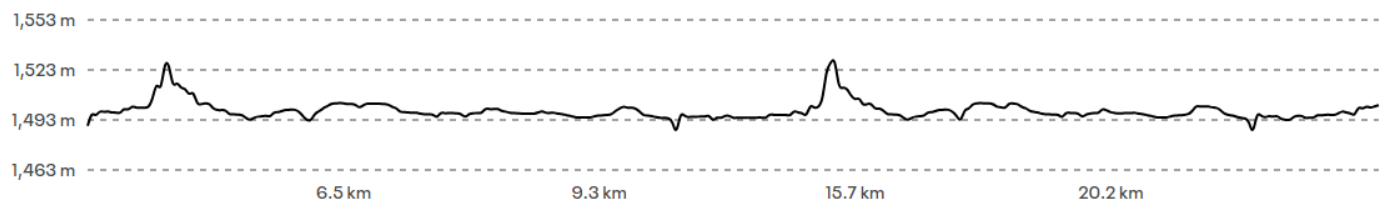
1 lap = 12km

- Sprint triathlon (ages 16+) – 2 laps



Elevation

Start 1,490 m Max 1,528 m Gain 126 m



Run Course

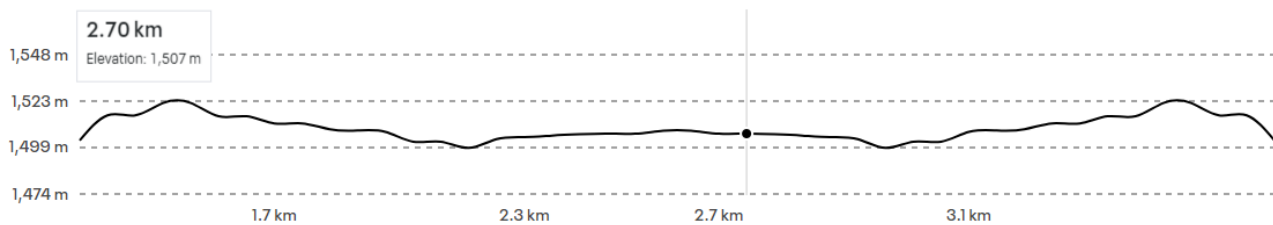
1 lap = 5km (2.5km out and 2.5km back)

- Sprint triathlon (ages 16+) – 1 lap



Elevation

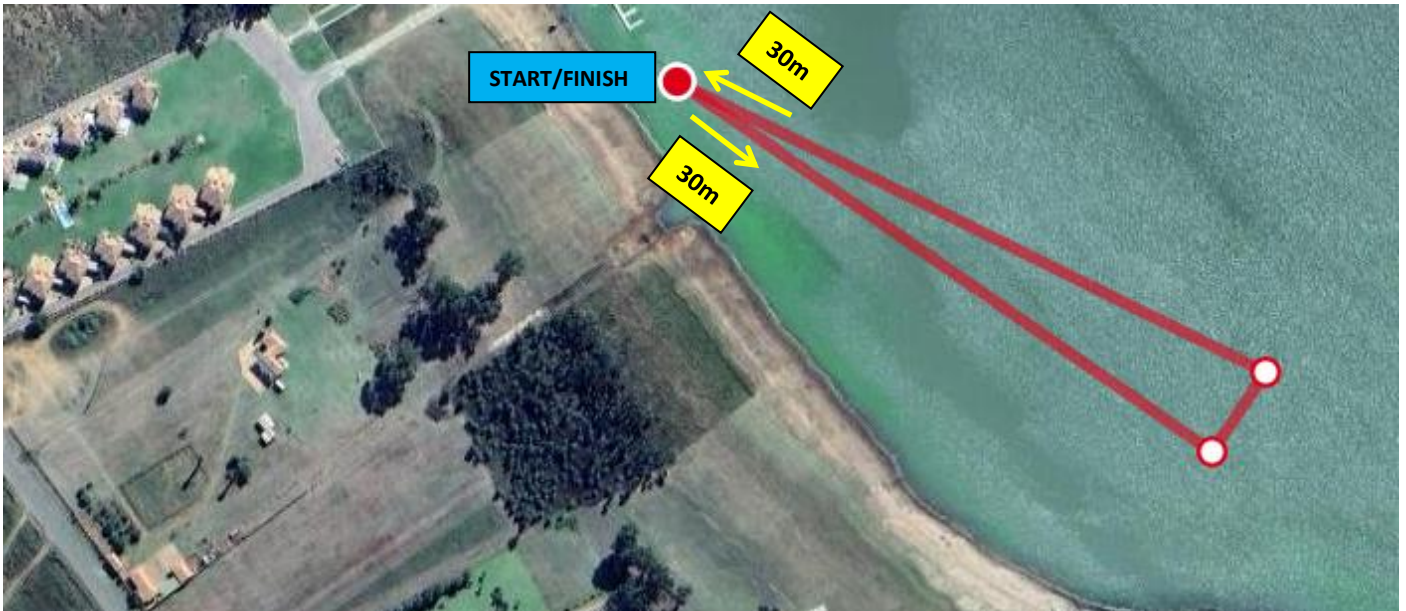
Start 1,503 m Max 1,523 m Gain 45 m



Youth Triathlon

Swim Course

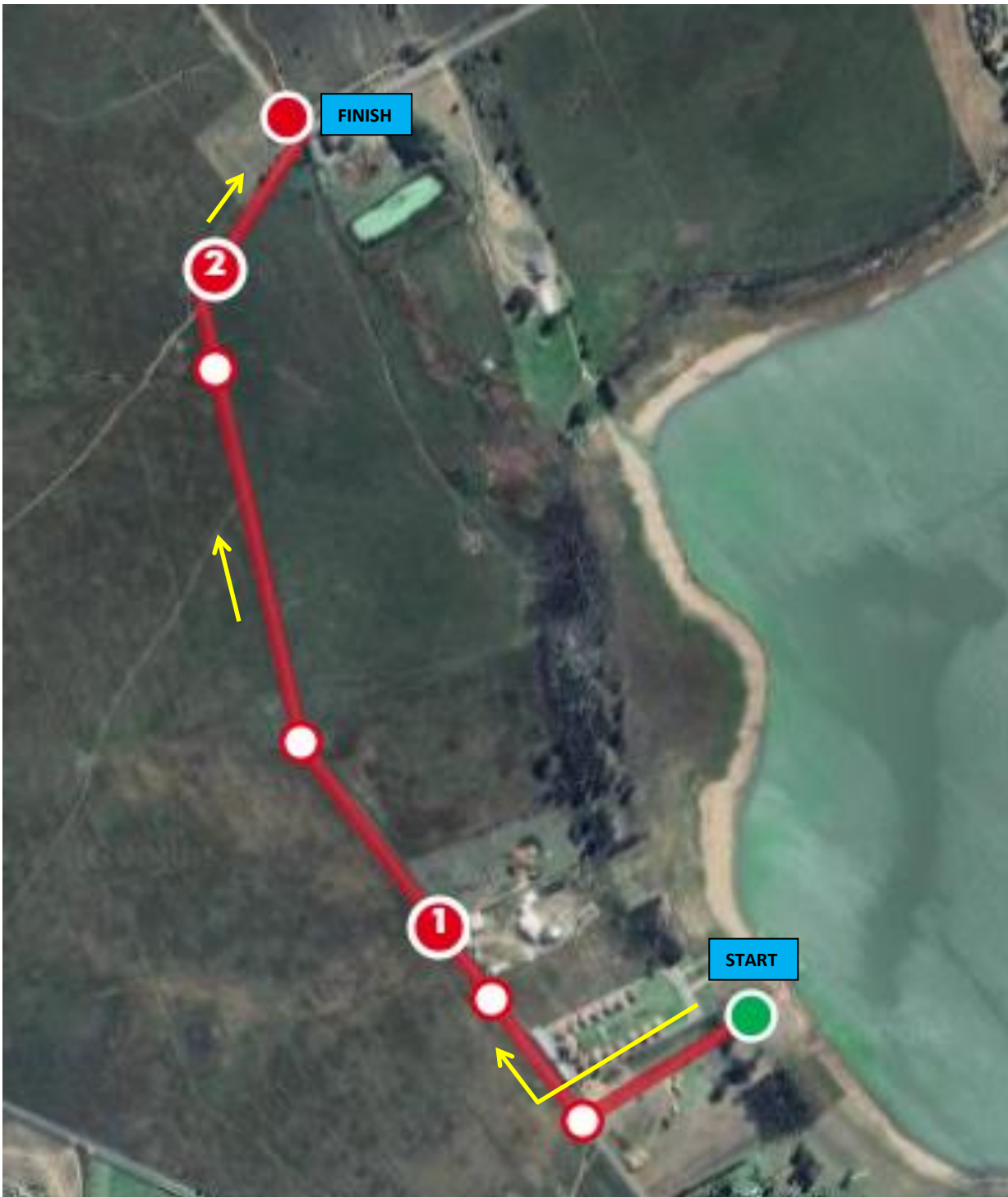
- Youth triathlon (ages 8-11) – 1 lap of 60m (30m out and 30m back)



Cycle Course

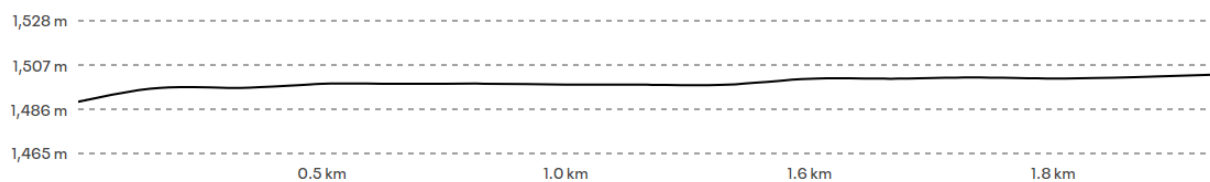
1 lap = 2km

- Youth triathlon (ages 8-11) – 1 lap



Elevation

Start 1,490 m Max 1,503 m Gain 12 m



Run Course

1 lap = 600m (300m out and 300m back)

Youth triathlon (ages 8-11) – 1 lap



Elevation

Start	Max	Gain
1,503 m	1,517 m	6 m

