## **Course routes – Germiston**

## **Sprint triathlon**

## Swim Course

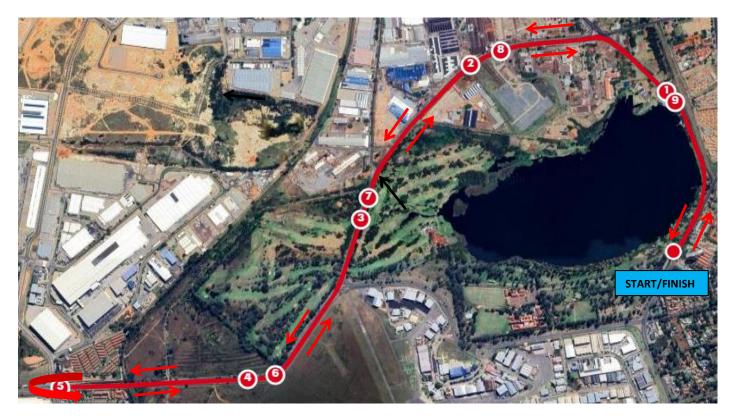
• Sprint triathlon (ages 16+) – 1 lap of 750m (anti-clockwise)

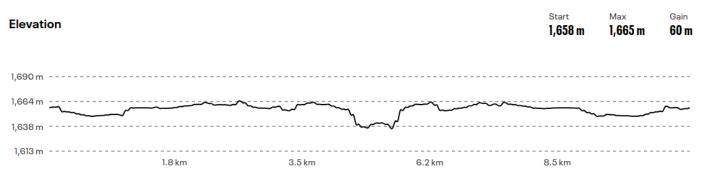


## **Cycle Course**

### 1 lap = 10km

• Sprint triathlon (ages 16+) – 2 laps





## Run Course

#### 1 lap = 2.5km

• Sprint triathlon (ages 16+) – 2 laps



Elevation				Start <b>1,657 m</b>	<sup>Max</sup> 1,667 m	Gain <b>7 m</b>
1,692 m						
1,672 m				<u>~</u>		
1,652 m			- ~			
1,632 m	0.3 km	0.7 km	1.1 km	1.8 km		

# Youth Triathlon

## Swim Course

• Youth triathlon (ages 8-11) – 1 lap of 100m (50m out and 50m back)



# **Cycle Course**

### 1 lap = 2km

• Youth triathlon (ages 8-11) – 1 lap



Elevation				Start <b>1,657 m</b>	<sup>Max</sup> 1,666 m	Gain <b>9 m</b>
1,691 m						
1,671 m						
1,651 m		<u> </u>	<u> </u>			
1,632 m	0.3 km	0.7 km	1.2 km	1.6 km		

## Run Course

#### 1 lap = 500m (250m out and 250m back)

### Youth triathlon (ages 8-11) – 1 lap



Elevation				<sup>Start</sup> 1,657 m	<sup>Max</sup> 1,660 m	Gain 3 m
1,685 m						
1,667 m						
1,649 m						
1,632 m	0.1 km	0.1 km	0.2 km	0.4 km		