

Course routes – Germiston

Sprint triathlon

Swim Course

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



Cycle Course

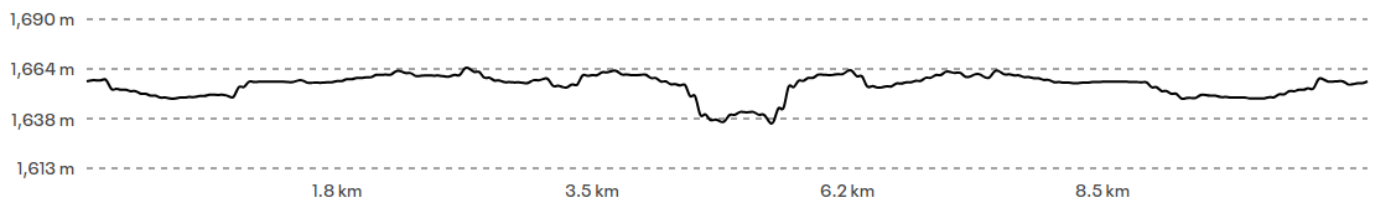
1 lap = 10km

- Sprint triathlon (ages 16+) – 2 laps



Elevation

Start 1,658 m Max 1,665 m Gain 60 m



Run Course

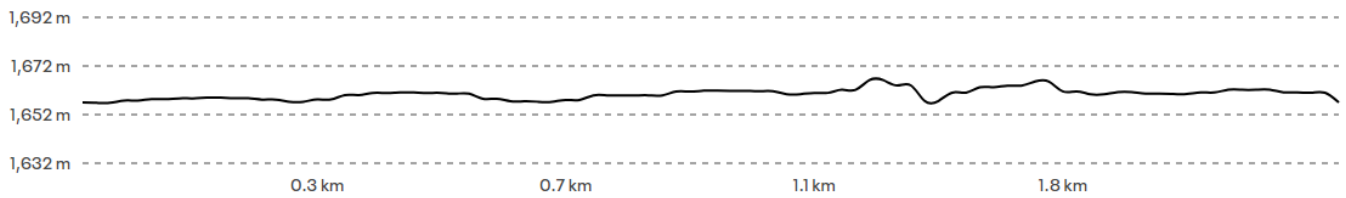
1 lap = 2.5km

- Sprint triathlon (ages 16+) – 2 laps



Elevation

Start	Max	Gain
1,657 m	1,667 m	7 m



Youth Triathlon

Swim Course

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



Cycle Course

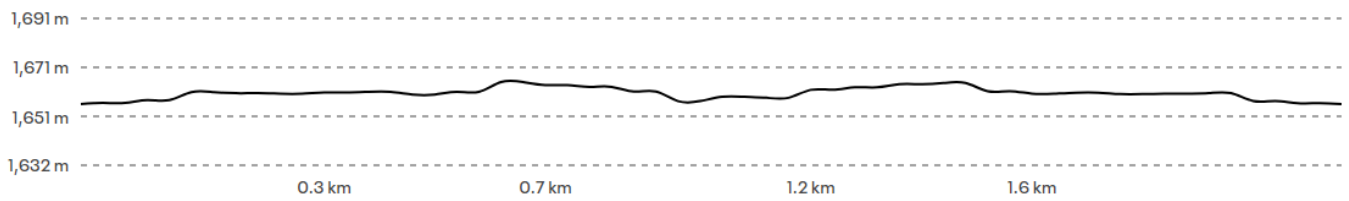
1 lap = 2km

- Youth triathlon (ages 8-11) – 1 lap



Elevation

Start	Max	Gain
1,657 m	1,666 m	9 m



Run Course

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

Youth triathlon (ages 8-11) – 1 lap

