

Course routes – Germiston

Swim Course

- Super standard triathlon (ages 18+) – 2 laps of 750m (anti-clockwise)
- Standard triathlon (ages 18+) – 2 laps of 750m (anti-clockwise)
- Sprint triathlon (ages 16+) – 1 lap of 750m (anti-clockwise)



- Super sprint triathlon (ages 12+) – 1 lap of 400m (anti-clockwise)



Cycle Course

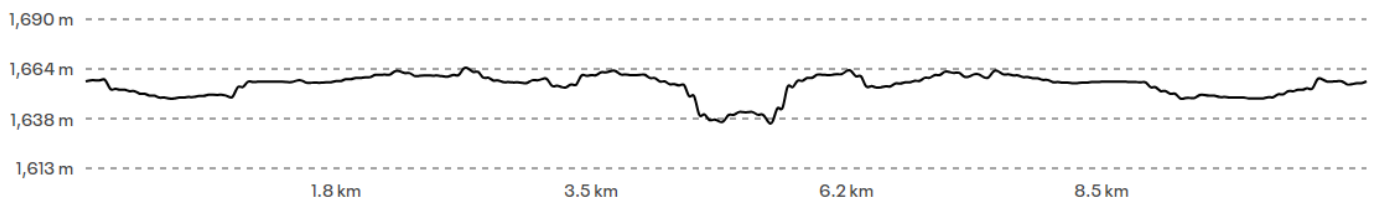
1 lap = 10km

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



Elevation

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



Run Course

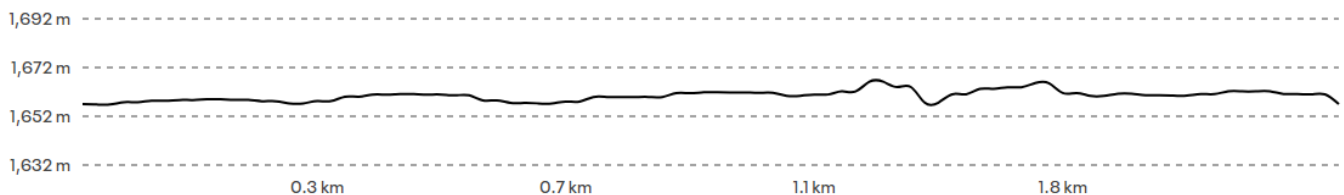
1 lap = 2.5km

- Super standard triathlon (ages 18+) – 6 laps
- Super standard duathlon (ages 18+) – 6 laps (first run), 3 laps (second run)
- Standard triathlon (ages 18+) – 4 laps
- Standard duathlon (ages 18+) – 4 laps (first run), 2 laps (second run)
- Sprint triathlon (ages 16+) – 2 laps
- Sprint duathlon (ages 16+) – 2 laps (first run), 1 lap (second run)
- Super sprint triathlon (ages 12+) – 1 lap

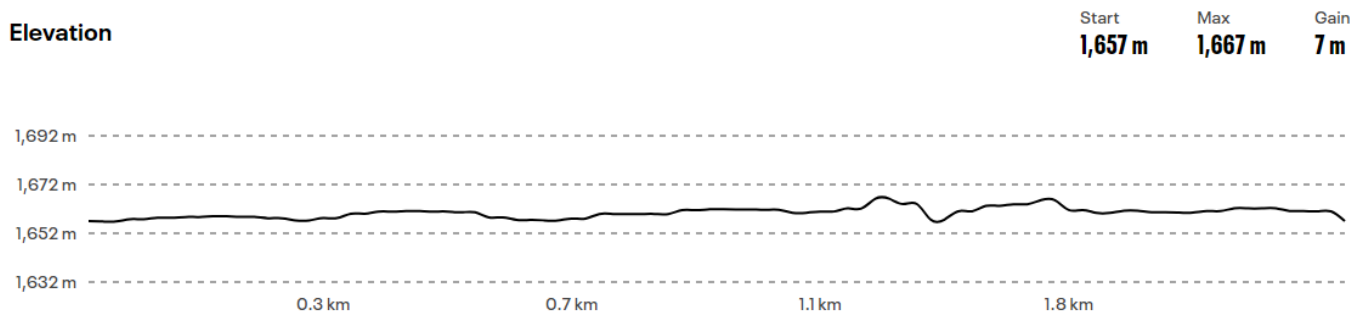


Elevation

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



- Super sprint duathlon (ages 12+) – 1 lap (first run), ½ lap (second run)
(the first run is a full lap (shown by the red arrows), and the second run is a half lap (shown by the yellow arrows))



Youth Triathlon

Swim Course

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



Cycle Course

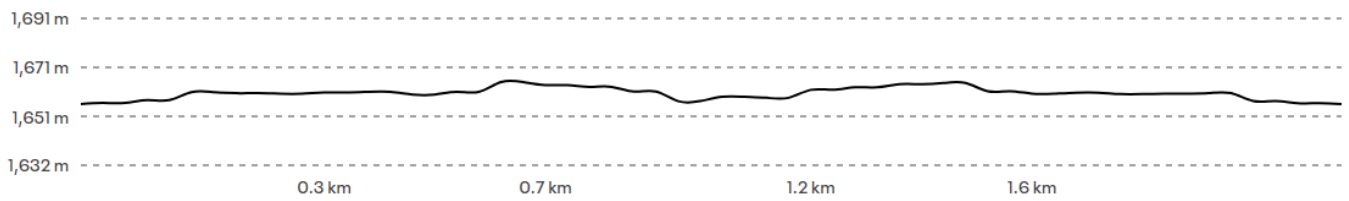
1 lap = 2km

- 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

