

Course routes – Germiston

Swim Course

- Standard triathlon (ages 18+) – 2 laps of 750m (anti-clockwise)
- Sprint triathlon (ages 16+) – 1 lap of 750m (anti-clockwise)
- Open water swim 750m – 1 lap (anti-clockwise)
- Open water swim 1.5km – 2 laps (anti-clockwise)



Cycle Course

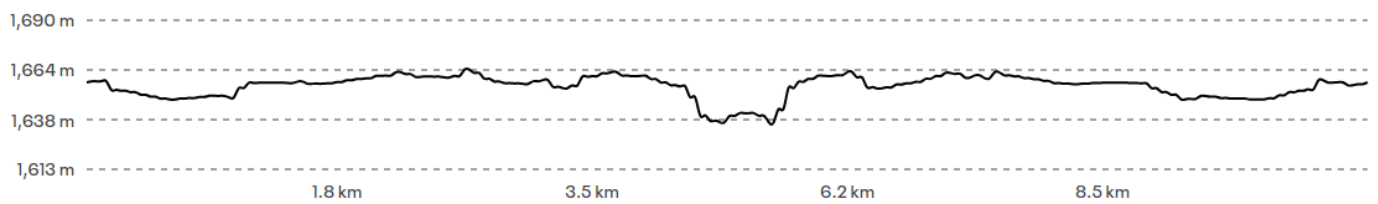
1 lap = 10km

- Standard triathlon & duathlon (ages 18+) – 4 laps
- Sprint triathlon & duathlon (ages 16+) – 2 laps



Elevation

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



Run Course

1 lap = 2.5km

- 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)



Elevation

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

