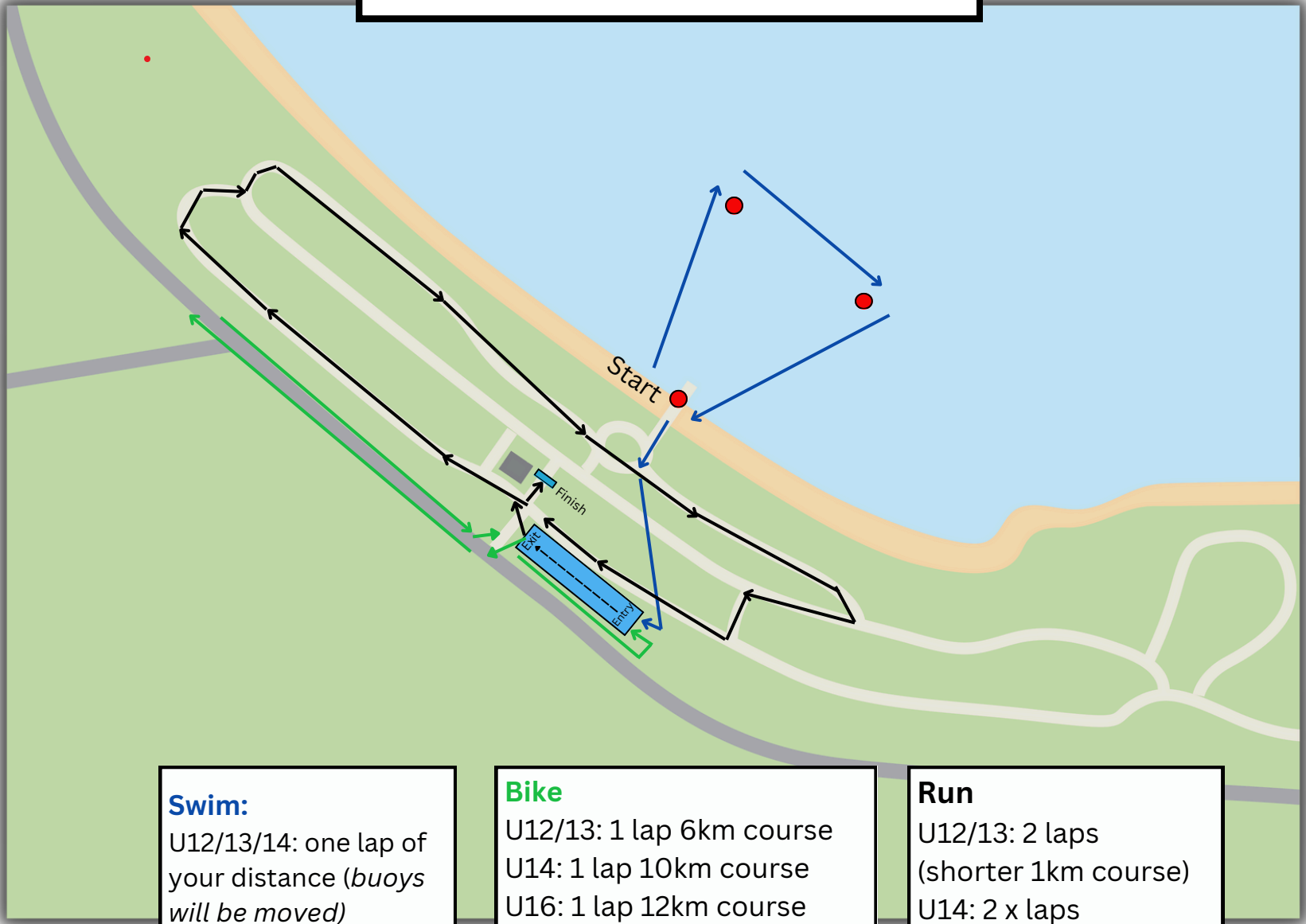




Triathlon Course

- Triathlon**
- U12/U13**
- 200m swim
 - 6km bike
 - 2km run
- U14**
- 350m swim
 - 10km bike
 - 2.5km run
- U16**
- 500m swim
 - 12km
 - 3.75km
- U19**
- 750m
 - 20km
 - 5km



Swim:
 U12/13/14: one lap of your distance (*buoys will be moved*)
 U16 = 2 x 250m laps
 U19 = 3 x 250m laps

Bike
 U12/13: 1 lap 6km course
 U14: 1 lap 10km course
 U16: 1 lap 12km course
 U18: 2 laps 10km course

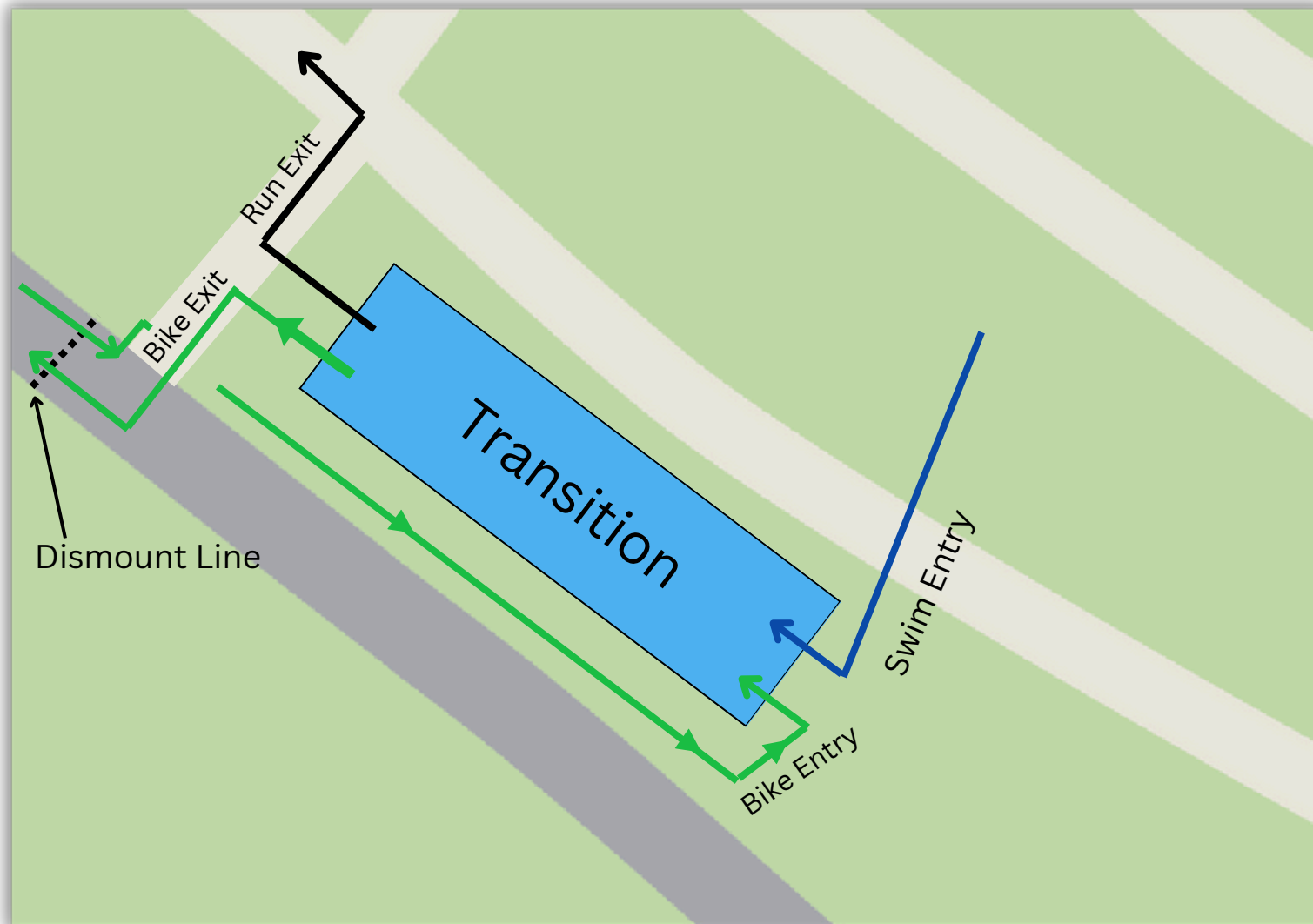
Run
 U12/13: 2 laps
 (shorter 1km course)
 U14: 2 x laps
 U16: 3 x laps
 U19: 4 x laps
 1.25 km course



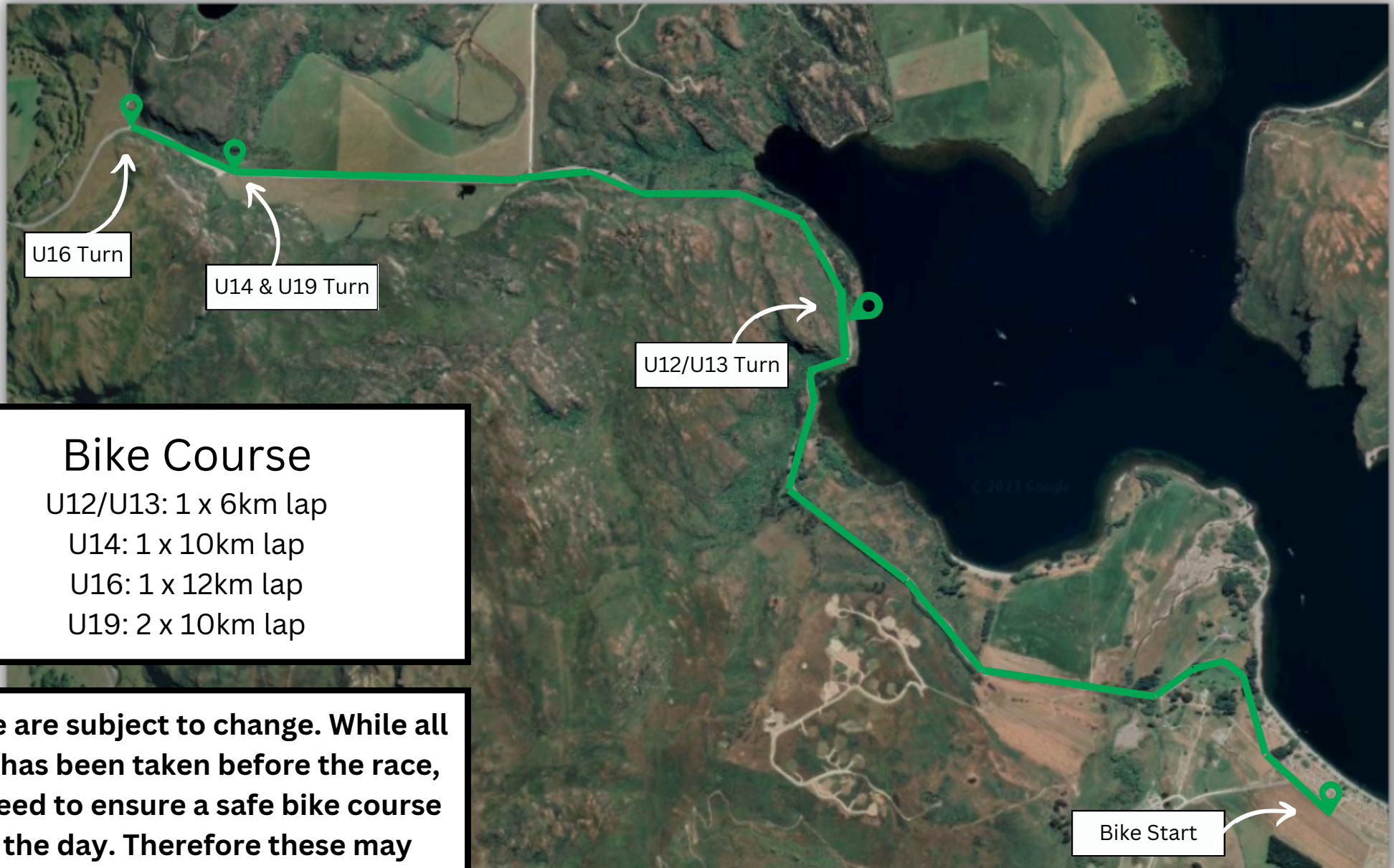
Triathlon Transition

Transition

Wait for instructions from the Transition Director before racking bikes



Triathlon Bike Course



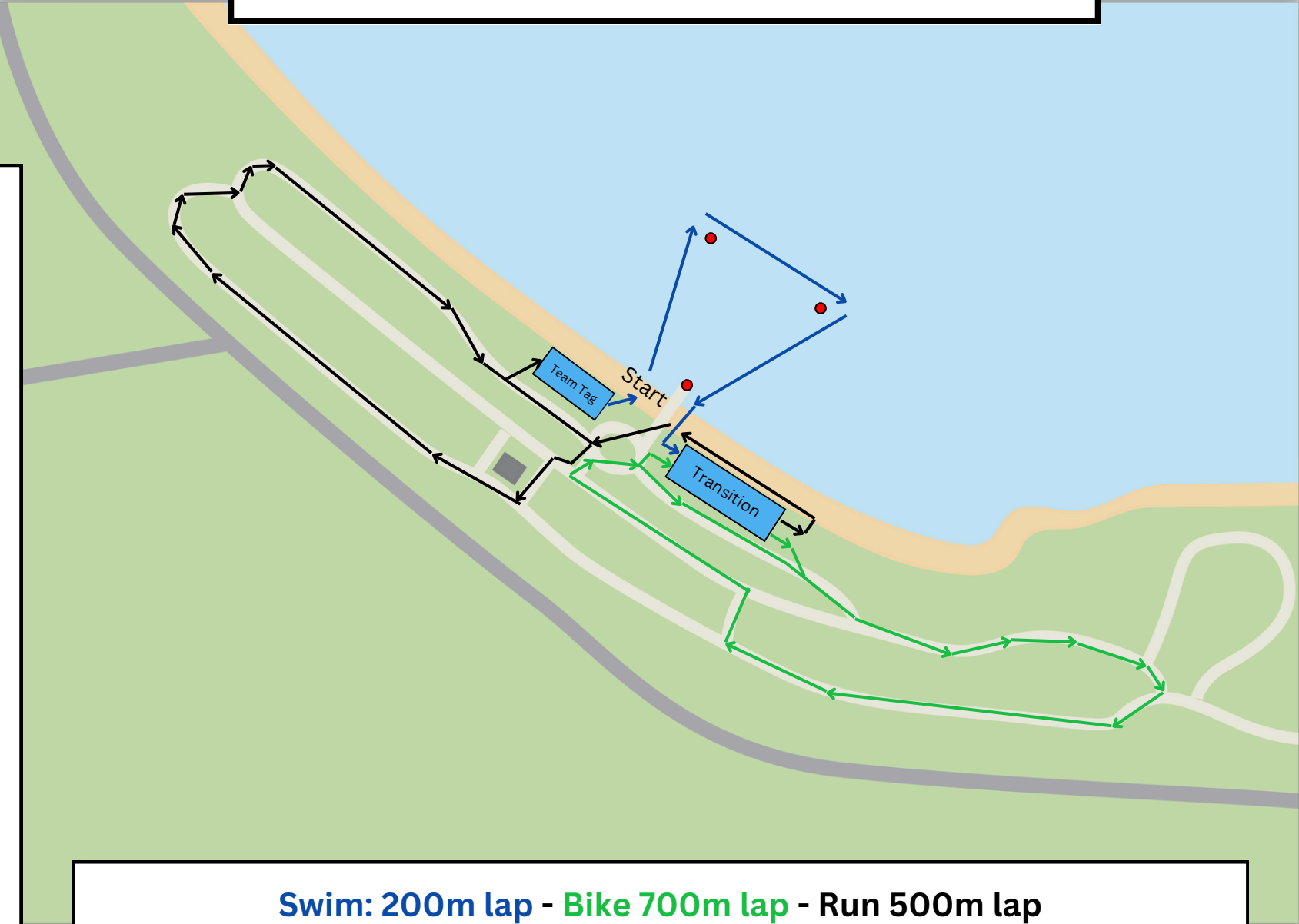
Bike Course

- U12/U13: 1 x 6km lap
- U14: 1 x 10km lap
- U16: 1 x 12km lap
- U19: 2 x 10km lap

These are subject to change. While all care has been taken before the race, we need to ensure a safe bike course on the day. Therefore these may change - please listen to your briefing.

Super Sprint Course

- ## Distances
- U12/U13**
- 200m swim
 - 2.8km bike (4 laps)
 - 1km run (2 laps)
- U14**
- 200m swim
 - 2.8km bike (4 laps)
 - 1km run (2 laps)
- U16**
- 200m swim
 - 4.9km bike (7 laps)
 - 1.5km run (3 laps)
- U19**
- 200m swim
 - 4.9km bike (7 laps)
 - 1.5km run (3 laps)



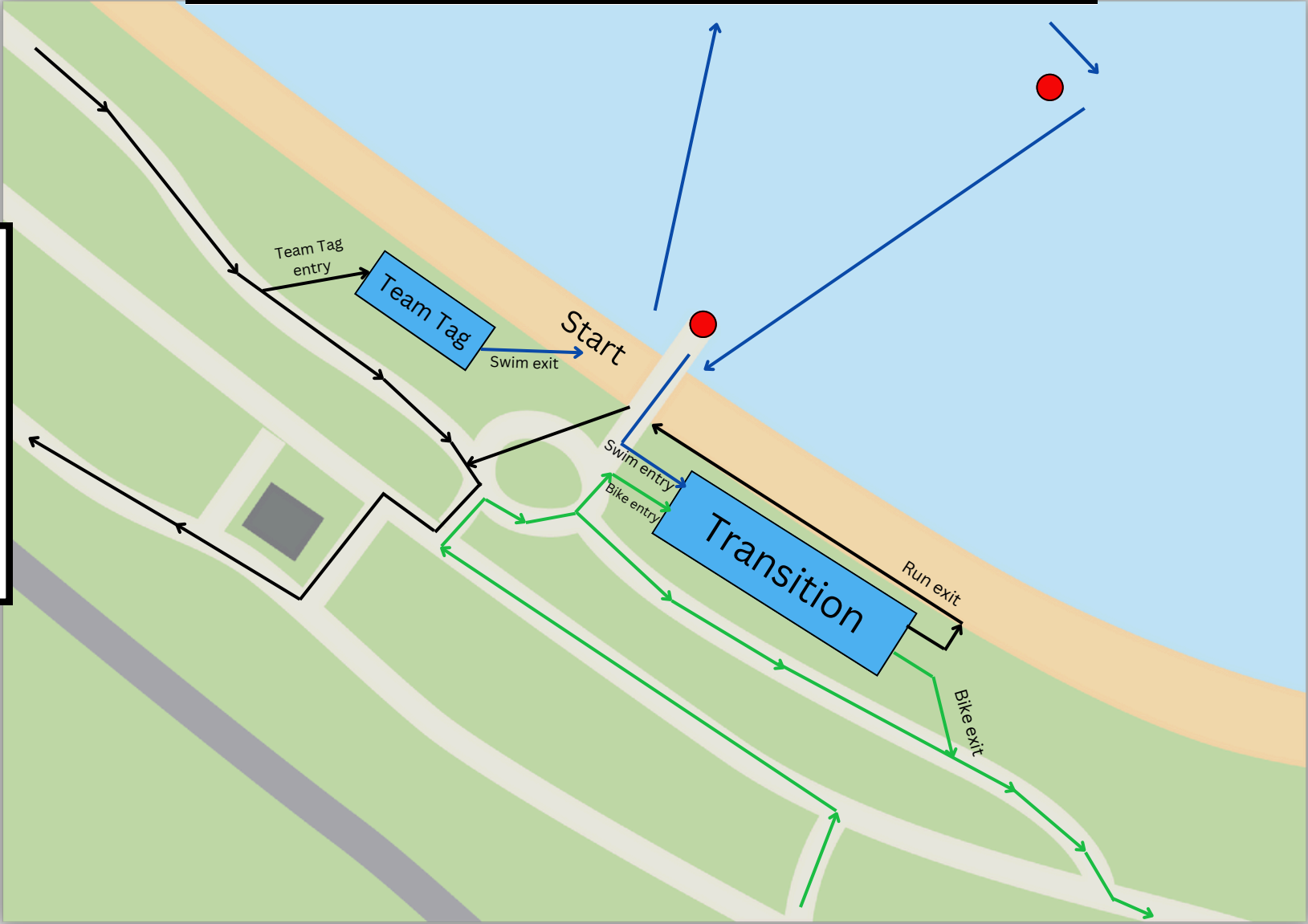
Swim: 200m lap - Bike 700m lap - Run 500m lap
A-Male B-Female C-Male D-Female
All courses are in a clockwise direction



Super Sprint Transitions

Transition

Wait for instructions from the Transition Director before racking bikes





Aquathlon Course

Distances

U12/U13

- 250m swim (1 lap)
- 1.25km run (1 lap)

U14

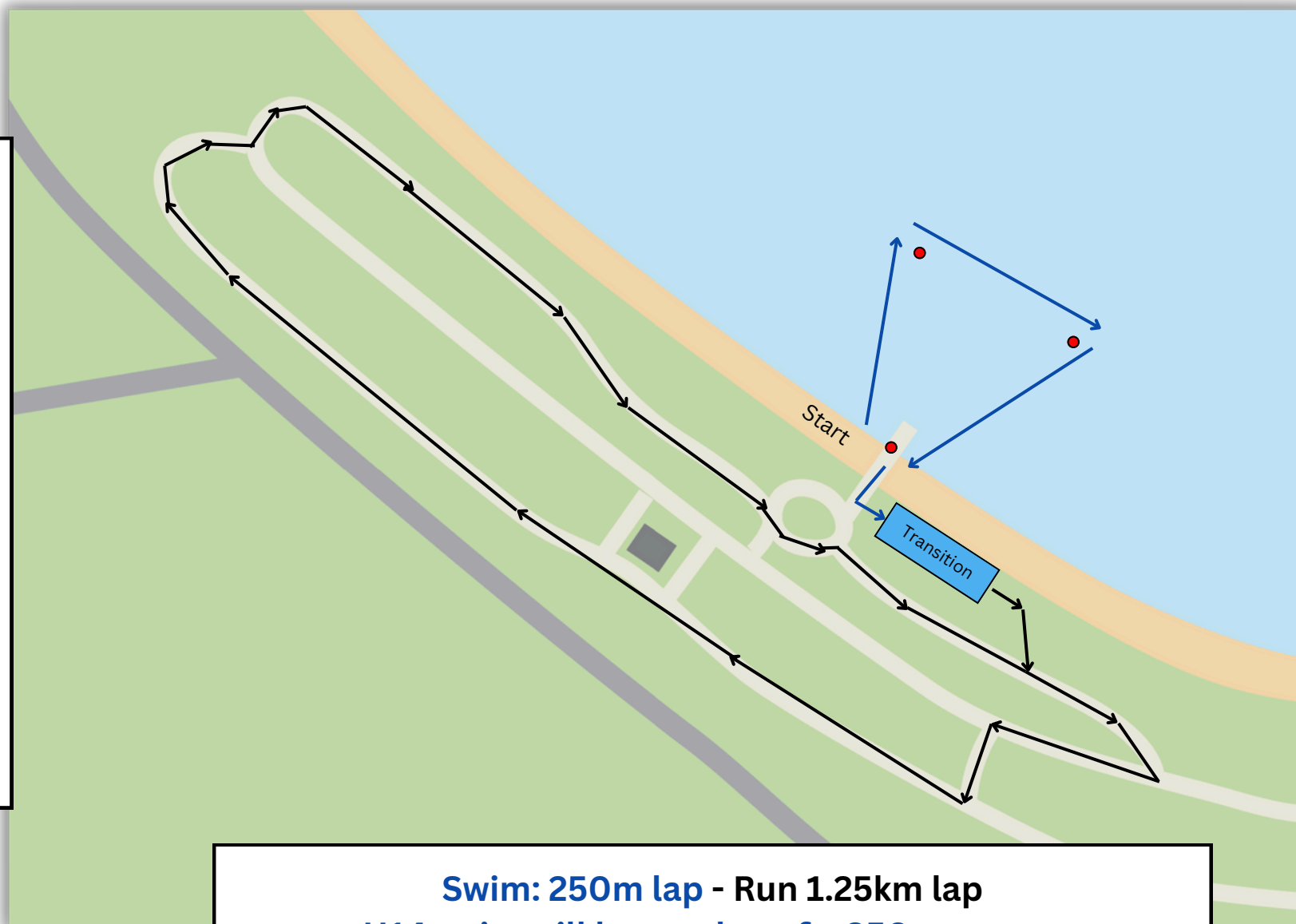
- 350m swim (1 lap)
- 2.5km run (2 laps)

U16

- 500m swim (2 laps)
- 2.5km run (2 laps)

U19

- 750m swim (3 laps)
- 3.75km run (3 laps)



Swim: 250m lap - Run 1.25km lap
U14 swim will be one lap of a 350m course
All courses are in a clockwise direction



Open Water Swim Course

Distances

U12/U13

- 500m swim (1 lap)

U14

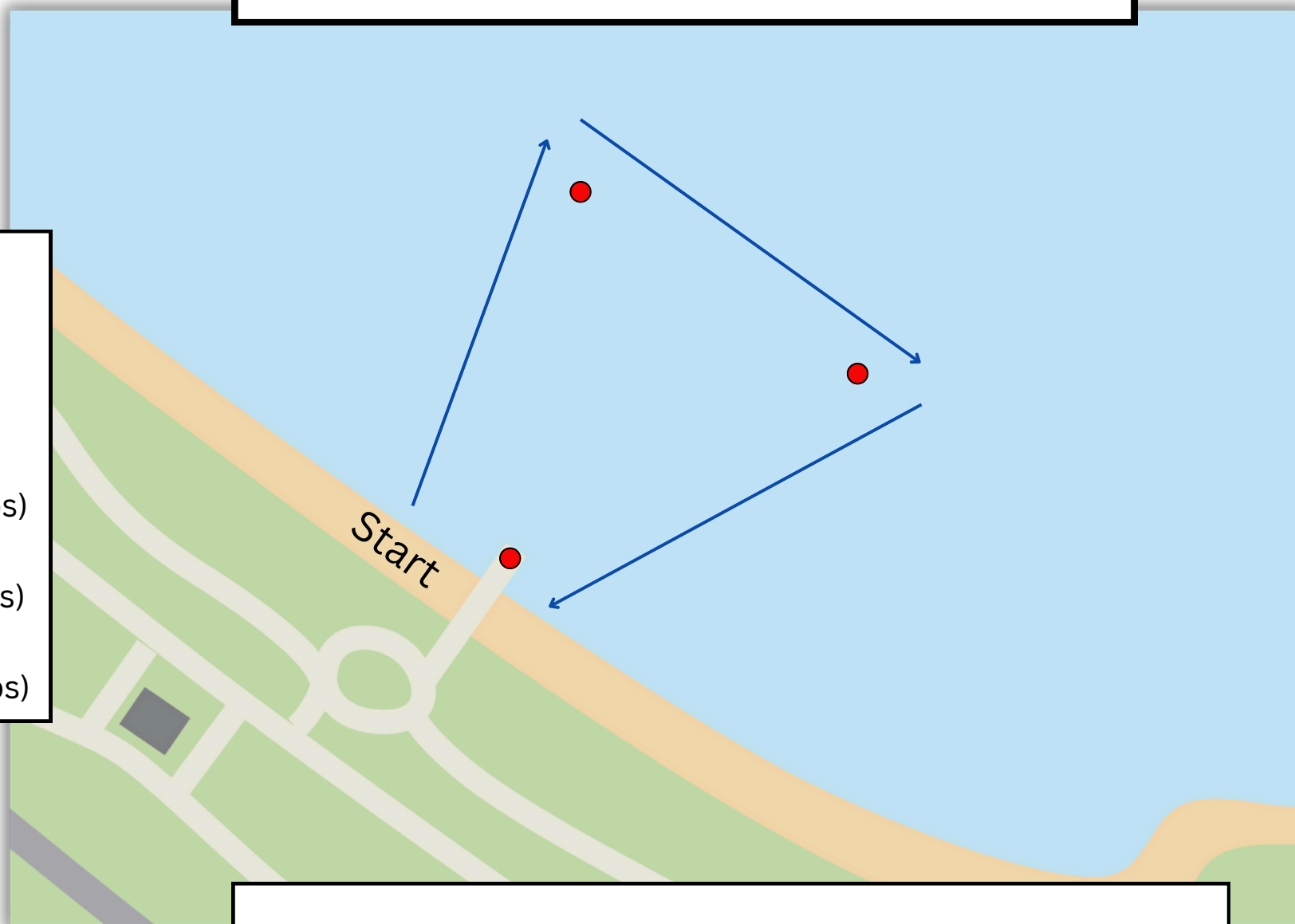
- 1000m swim (2 laps)

U16

- 1500m swim (3 laps)

U19

- 2000m swim (4 laps)



Swim: 500m lap
Swim will be a beach start.