

SWIM COURSE



KIDS TRIATHLON



KIDS TRIATHLON:
100M
1 LAP

Complete one lap of this 100m swim course. Starting from the shore, swim out straight toward the buoy marker. Then turn right at the buoy and swim straight toward the next buoy. Then turn right again and toward the shore. Exit via the beach. Go to transition and grab your bike before heading out on the bike course.

SWIM COURSE



MINI DISTANCE



MINI DISTANCE:
100M
1 LAP

Complete one lap of this 100m swim course. Starting from the shore, swim out diagonally toward the buoy marker. Then turn left at the buoy and head back toward the shore. Exit via the beach next to the boat ramp. Go to transition and grab your bike before heading out on the bike course.

SWIM COURSE



ENTICER DISTANCE



ENTICER DISTANCE:

250M

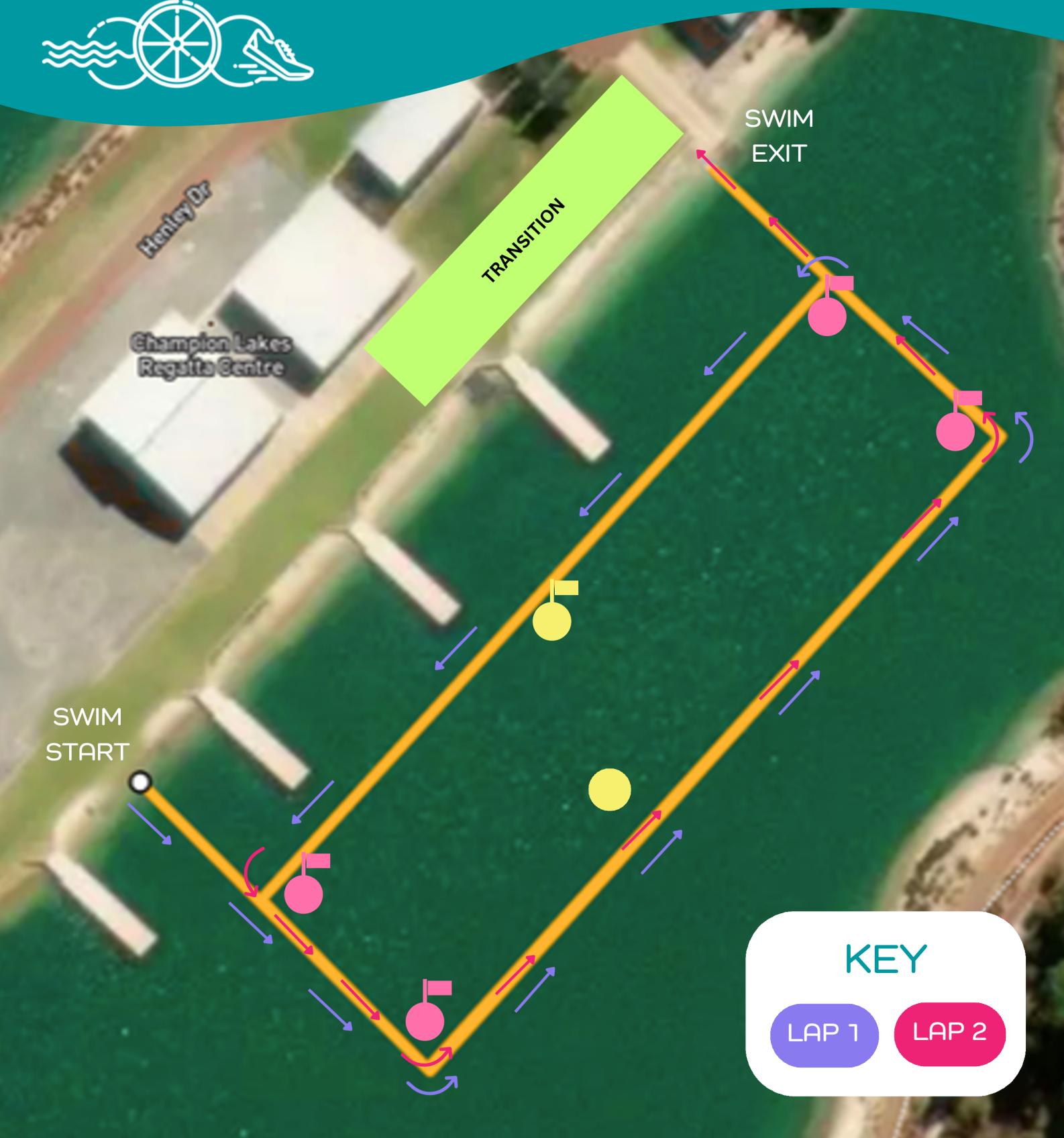
1 LAP

Start by swimming straight out, turning left at the first buoy. Keep swimming straight then at the second buoy turn left again and head toward the swim exit. Exit via the beach next to the boat ramp and go to transition before heading out to the bike leg.

SWIM COURSE



LONG DISTANCE



LONG DISTANCE:
750M
LAPPED SWIM

This course is an anticlockwise rectangle you swim round twice. Start by swimming straight out and straight past the first buoy. At the second buoy turn left, then swim straight past the sighting marker toward the buoy at the far end. Turn left at this third buoy, then left again at the fourth buoy to head toward the second lap. Swim straight past the fifth buoy then turn left at the sixth, straight on then, then left again at the seventh buoy. Swim straight and turn left at the far buoy. Then swim straight on past the next buoy and head for the shore. Exit via the beach next to the boat ramp.

BIKE COURSE



KIDS TRIATHLON



KIDS TRIATHLON:
3 X 1KM LAPS
3KM

Head out from transition with your bike toward the mount line. Do not mount the bike until AFTER you have passed the mount line. Cycle straight toward the road bridge, completing a turn at the end. Keep left. Turn again at the turn point back near where you started. This is one lap. Once you've completed your third lap, head back to transition. Dismount your bike just BEFORE the dismount line then follow the path to transition to rack your bike.

BIKE COURSE

MINI, ENTICER, LONG, & DUATHLON



MINI DISTANCE:

1 X 5KM LAP

ENTICER DISTANCE:

2 X 5KM LAPS

LONG:

4 X 5KM | APS

DUATHLON:

2 X 5KM | APS

Head out from transition with your bike toward the mount line. Do not mount the bike until AFTER you have passed the mount line. Cycle toward the road bridge and off the island turning left. Keep left. Once you've completed all your laps, turn left back on to the island. Dismount your bike just BEFORE the dismount line then head back to transition to rack your bike.

RUN COURSE



KIDS TRIATHLON



KIDS TRIATHLON

1 X 500M LAP

Head out from transition toward the pedestrian bridge and leave the island turning left onto the event path. Please **KEEP RIGHT**. Make your turn at the 250m mark, then come back toward the island. On the final stretch, continue running straight past the lap turn aid station to the finish line. Grab your medal, then head to recovery 💪

RUN COURSE



MINI DISTANCE



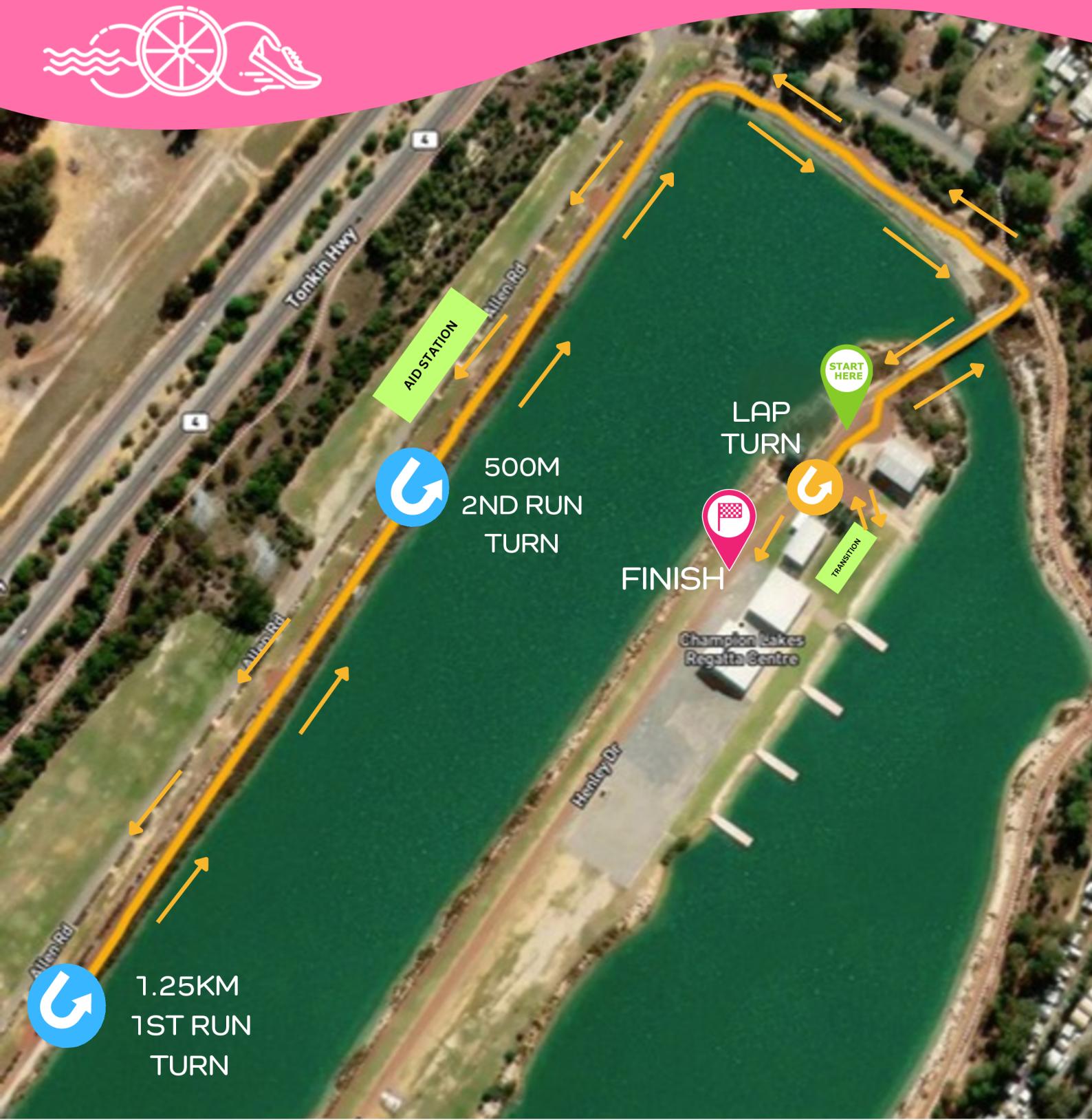
MINI DISTANCE:
1 X 1KM LAP

Head out from transition toward the pedestrian bridge and leave the island turning left onto the event path. Please **KEEP RIGHT**. An aid station is located near the run turn marker if you need water. When coming in on the final stretch, continue running straight past the lap turn to the finish line. Grab your medal, then head to recovery 💪

RUN COURSE



DUATHLON



DUATHLON:
1 X 2.5KM LAP
BIKE LEG THEN
1 X 1KM LAP

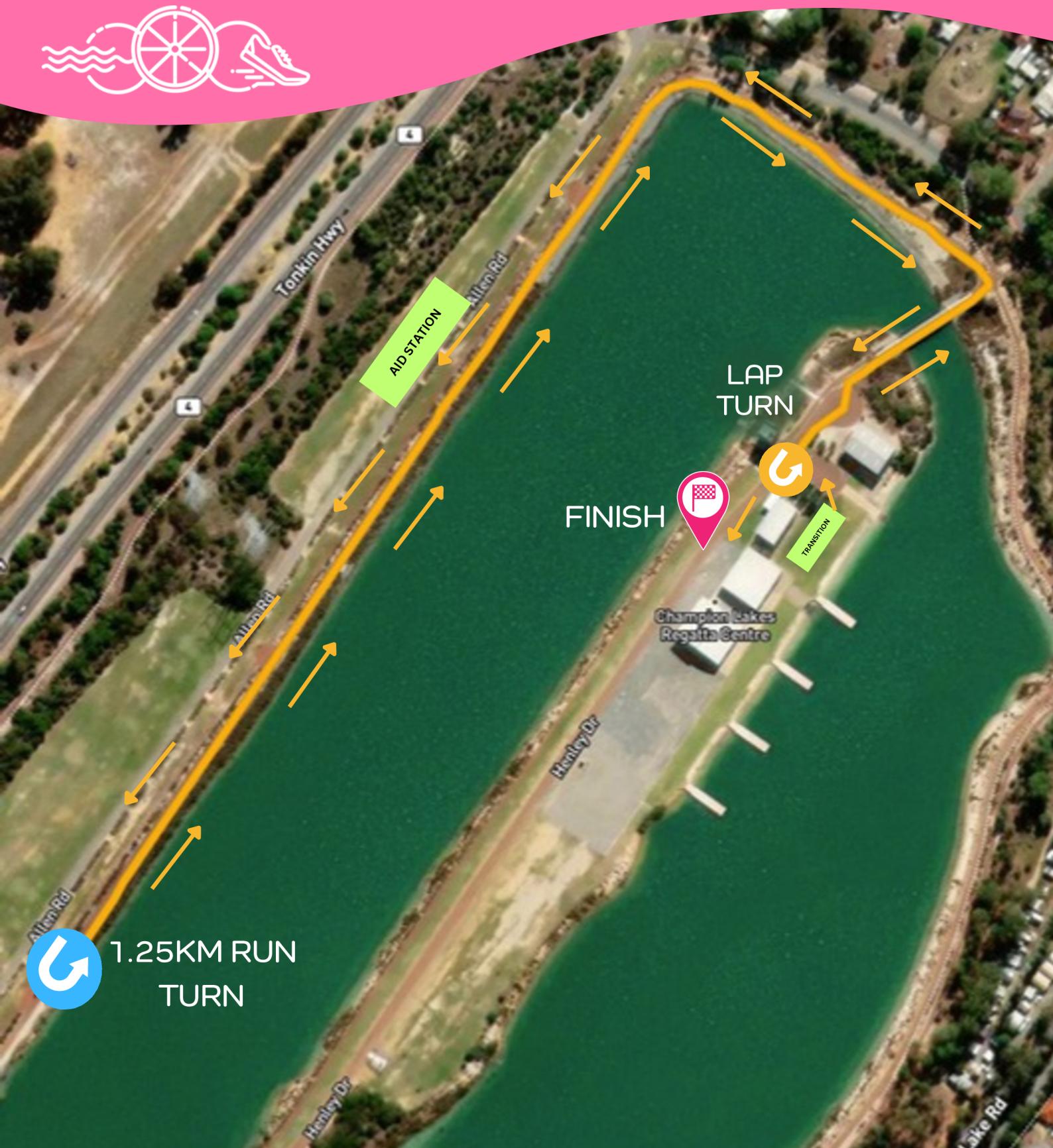
FIRST RUN: Start at the start line near the pedestrian bridge and leave the island turning left onto the event path. Please **KEEP RIGHT**. Keep running to the furthest turn marker, turn, then head back the way you came. After your lap is complete go back into transition for the bike leg. Be careful of other athletes heading the opposite direction.

SECOND RUN: Head out from transition toward the pedestrian bridge and leave the island turning left onto the event path, but this time turn at the 500m marker, close to the aid station. When coming in on the final stretch, continue running straight past the lap turn to the finish line. Grab your medal, then head to recovery 💪

RUN COURSE



LONG & ENTRICER



LONG
2 X 2.5KM LAPS

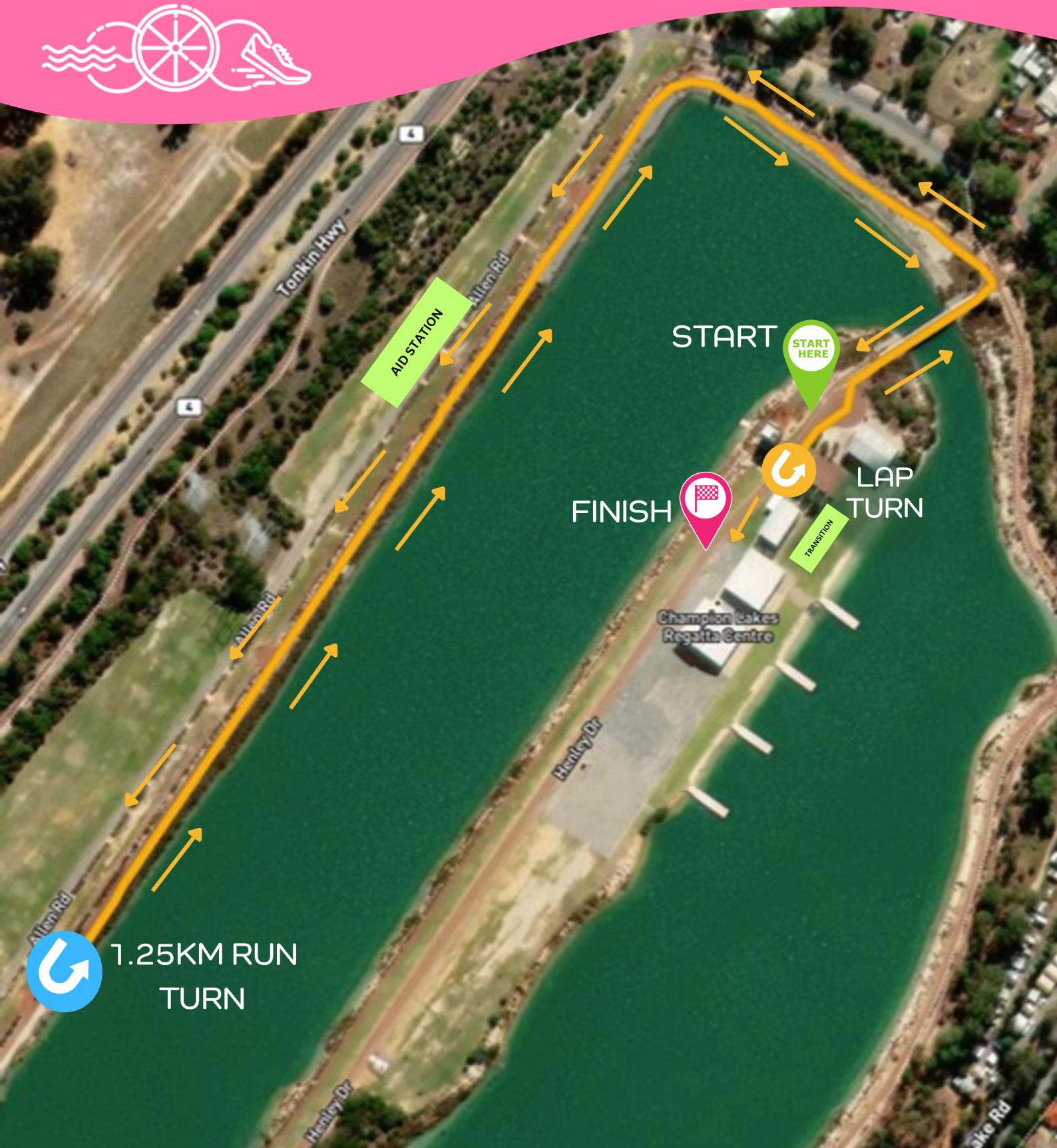
ENTRICER
1 X 2.5KM LAP

Head out from transition toward the pedestrian bridge and leave the island turning left onto the event path. Please **KEEP RIGHT**. An aid station is located near the run turn marker if you need water. When coming in on the final stretch, continue running straight past the lap turn to the finish line. Grab your medal, then head to recovery 💪

RUN COURSE



5KM FUN RUN



5KM FUN RUN
2 X 2.5KM LAPS

Start at the start line near the pedestrian bridge and leave the island turning left onto the event path. Please **KEEP RIGHT**. An aid station is located near the run turn marker if you need water. When coming in on the final stretch, continue running straight past the lap turn to the finish line. Grab your medal, then head to recovery 💪