

Course Information

Individual Events

Age	Swim	Ride	Run
7-9 yrs	50m - 1 Lap	3km - 1 lap of 3km	500m - 1 Lap of 500m
10-12 yrs	100m - 2 Laps	6km - 2 Laps of 3km	1km - 1 Lap of 1km
13-15 yrs	200m - 4 Laps	9km - 3 Laps of 3km	2km - 2 Laps of 1km
Adult Male	400m - 8 Laps	15km - 4 Laps of 3.8km	3km - 3 Laps of 1km
Adult Female	300m - 6 Laps	11km - 3 Laps of 3.8km	2km - 2 Laps of 1km
Adult Mini	200m - 4 Laps	6km - 2 Laps of 3km	1km - 1 Lap of 1km

Team Events

Category	Swim	Ride	Run
Kids	100m - 2 Laps	3km - 1 lap of 3km	1km - 1 Lap of 1km
Adult Open	400m - 8 Laps	15km - 4 Laps of 3.8km	3km - 3 Laps of 1km
Adult Mini	200m - 4 Laps	6km - 2 Laps of 3km	1km - 1 Lap of 1km

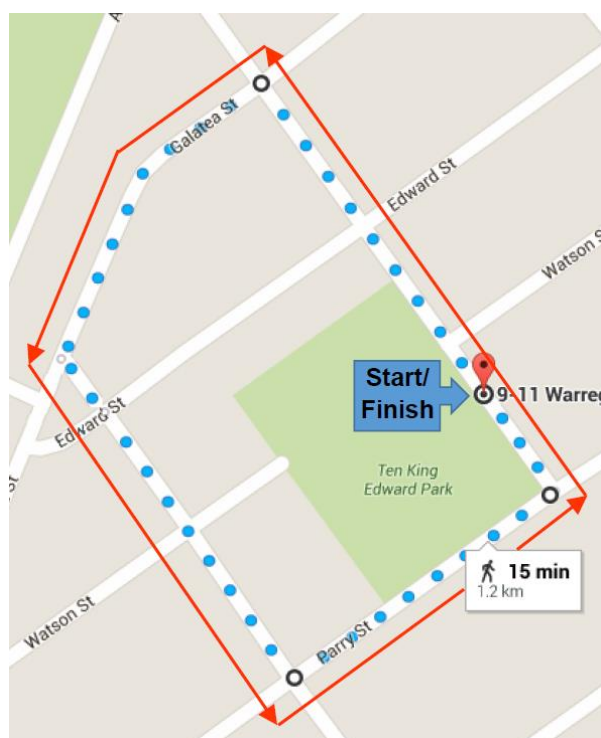
500m Run Circuit



3km Cycling Circuit



1km Run Circuit



3.8km Cycling Circuit

