

AGE GROUP OLYMPIC & SPRINT DISTANCE



- SWIM COURSE**
SPRINT 1 LAP - 750m
OLYMPIC 1 LAP - 1500m
- CYCLE COURSE**
SPRINT 1 LAP - 20km
OLYMPIC 2 LAPS - 40km
- RUN COURSE**
SPRINT 1 LAPS - 5km
OLYMPIC 2 LAPS - 10km
- SWIMOUT TO T1
TO FINISH LINE**
- S** START
- F** FINISH
- T1** TRANSITION 1
- T2** TRANSITION 2
- X** AID STATION