

# 2025 TRI-FUN & TRI-FIT SWIM COURSE

TRANSITION ZONE   FINISH   SWIM START & EXIT

MOUNT-DISMOUNT



TRI-FIT TURN

125m

TRI-FUN TURN

62.5m

**SWIM COURSES**  
TRI-FUN 1 LAP=125m  
TRI-FIT 1 LAP = 250m

