



RUN TURN 1

TRANSITION ZONE **FINISH** **SWIM START & EXIT**

WATER POINT

RUN TURN 2 TRI-SPORT

RUN COURSES
STANDARD 4 LAPS = 10 km
SPRINT 2 LAPS = 5 km
SUPER-SPRINT 1 LAP = 2.5 km
TRI-FIT 1 LAP = 2.5 km
TRI-FUN 1 LAP = 1.25 km
TRI-SPORT 2 LAPS = 800m

RUN TURN TRI-FUN & TRI-SPORT

RUN TURN 2 ALL OTHER RUN COURSES

