






## LONG BIKE COURSE SPRINT EVENT

SPRINT = 3 Laps = 20,6km

-  **OUTWARD**
-  **INWARD Laps 1,2 & 3**
-  **INWARD End Lap 3**

**BIKE TURN -  
LAPS 1, & 2**

**BIKE TURN 2**

**BIKE TURN 3**

