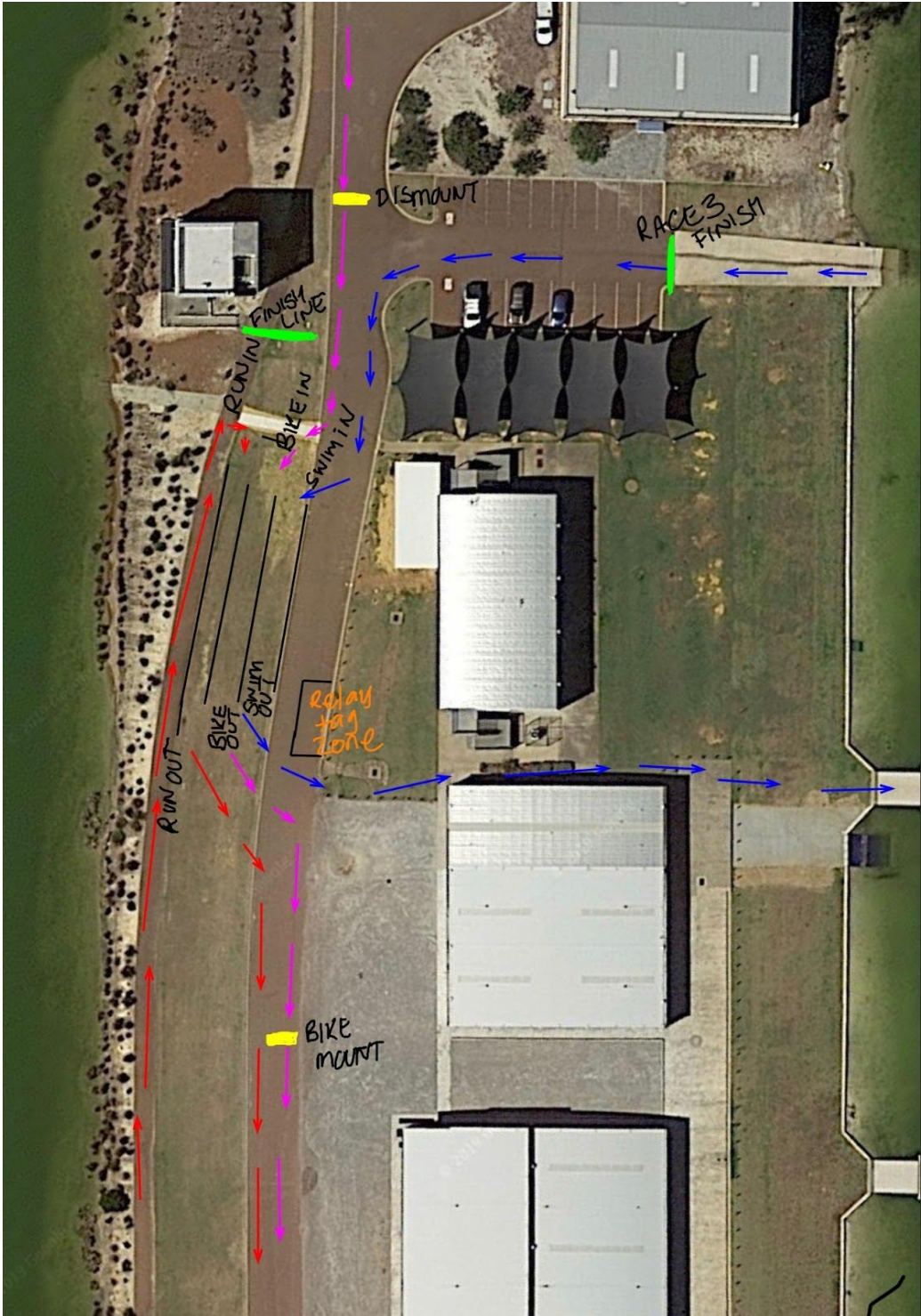
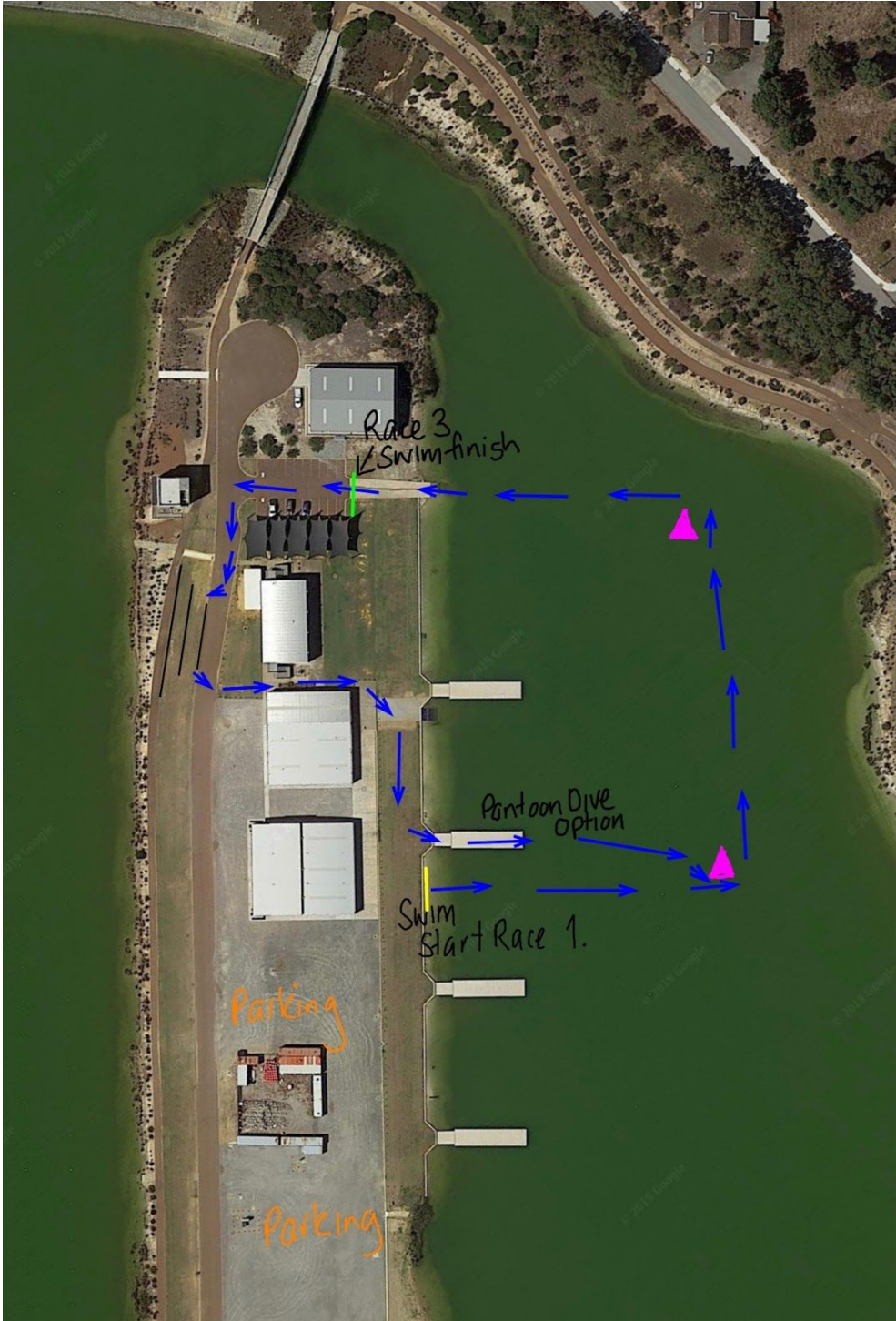


TRANSITION - has been moved from the usual grassed area behind the function building to the front grassed area. All entry to transition for swim, bike and run at the northern end and all exit points are from the south of transition.



SWIM- 300m (Including beach entry and pontoon dive options for races 2 and 3 also Relay) athletes can opt to either run in and enter water from the beach or dive from the pontoon in races 2 and 3. Also team relay member 2,3,4 can do the same.



BIKE - 7km.



RUN - 1.5km. A simple out on the road and turn at end of bridge onto the pedestrian path and back. There will be an aid station due to the heat will decide race morning the best place for the aid station.



RACE START AND FINISH LINES

RACE 1 - SWIM, BIKE, RUN

A beach start for the swim and run finish under the tower

RACE 2- RUN, SWIM, BIKE

A run start in front of the pavillion and bike finish, athlete must rack their bikes and head to the run exit but must make a hard right onto the event path toward the finish line, which is the same as Race 1. Please be aware of athletes still on the run and heading into transition.

RACE 3 - BIKE, RUN, SWIM

Will start in the same place as race 2 as there will be a 250m run out on the run path before turning and heading onto the run path and along the path to enter transition through the run in area, then head out of the bike. The race finish with a swim and the finish line will be located at the swim exit boat ramp.

