

Triathlon ACT Aquathlon Series

Race #2: Wednesday 10th February 2021

1. Long - 400m Swim / 3km Run / 400m Swim / 3km Run

SWIM – 400m – 1 lap of 400m

Start on the Left side of the swim pontoon. Swim 150m straight out turn Right (clockwise) at buoy 1, swim 100m to buoy 2, make a right hand turn and swim 150m to the swim exit.

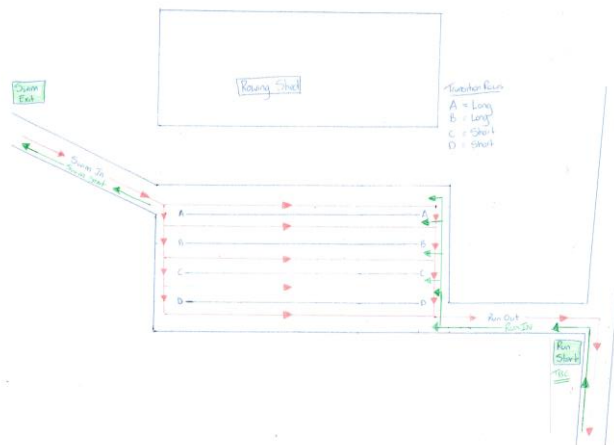
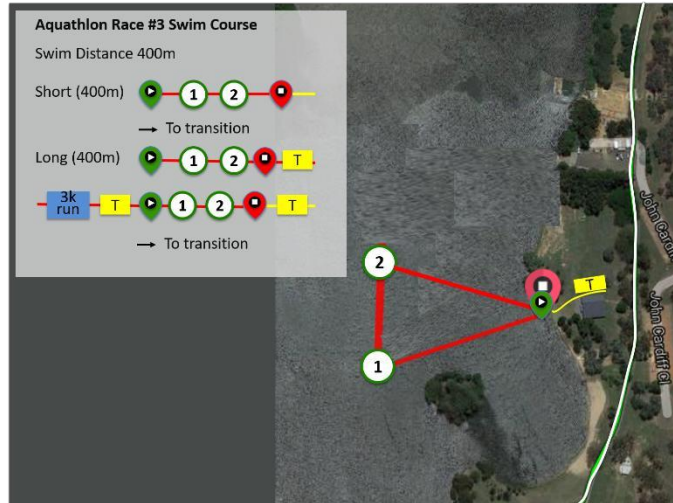
TRANSITION – Swim-to-Run

Exit the water on the rubber matting and run 30m into the transition area.

RUN COURSE – 3km – 2 laps of 1.5km

The run is two laps of an undulating 1.5km out-and-back course (approximately 750m out and 750m back). Exit Transition out the top corner closest to John Cardiff Close. Turn right onto the shared bike pathway and run 750m down and around the bottom of Black Mountain Peninsula. Make a 180 degree turn (keeping the cone on your right) and return along the shared cycle pathway until you get to the turn around cone just past the finish entrance point. Make a 180 degree turn and complete for a 2nd time. As you return towards the transition on your 2nd lap make a left into the transition chute and into transition.

Exit out of transition and enter the water on the left side of the swim pontoon and complete the 400m swim (see above). Complete transition and then the final 3km and instead of going back into transition on your second lap of your run, you take a left turn into the finish line.



2. Short – 400m Swim / 3km Run

SWIM – 400m – 1 lap of 400m

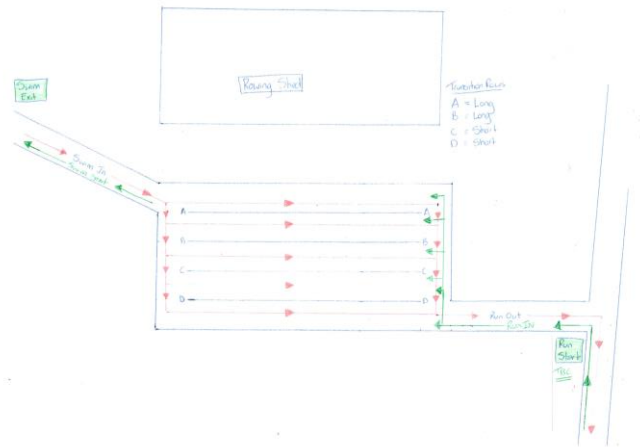
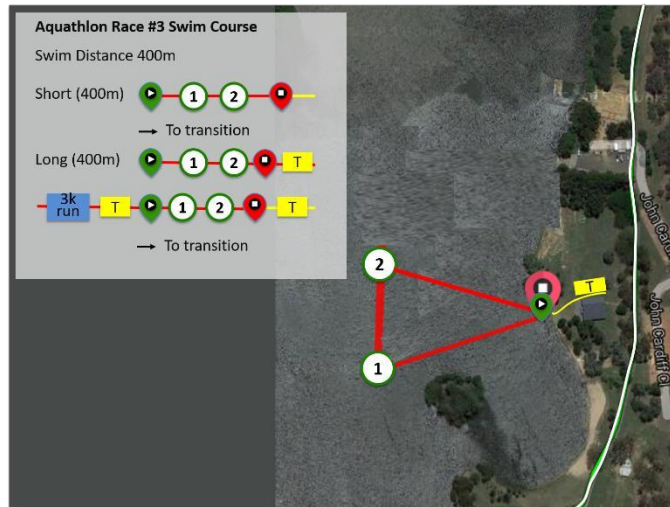
Start on the Left side of the swim pontoon. Swim 150m straight out turn Right (clockwise) at buoy 1, swim 100m to buoy 2, make a right hand turn and swim 150m to the swim exit.

TRANSITION – Swim-to-Run

Exit the water on the rubber matting and run 30m into the transition area.

RUN COURSE – 3km – 2 laps of 1.5km

The run is two laps of an undulating 1.5km out-and-back course (approximately 750m out and 750m back). Exit Transition out the top corner closest to John Cardiff Close. Turn right onto the shared bike pathway and run 750m down and around the bottom of Black Mountain Peninsula. Make a 180 degree turn (keeping the cone on your right) and return along the shared cycle pathway until you get to the turnaround cone just past the finish entrance point. Make a 180 degree turn and complete for a 2nd time. As you return towards the transition on your 2nd lap make a left into the finish chute and cross the line.



3. TRYkids Long - 200m Swim / 2km Run

SWIM – 200m – 1 lap

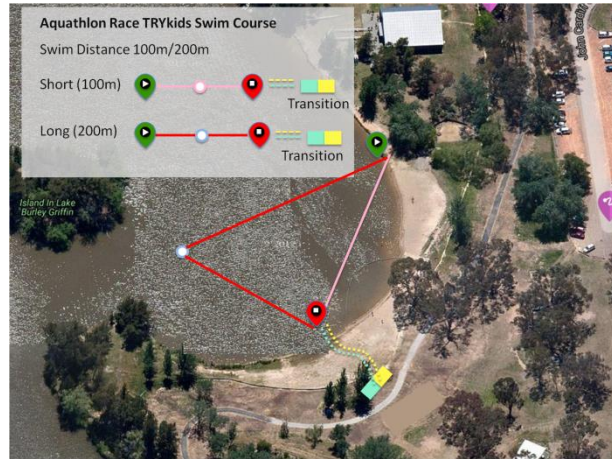
Swim 120m to the first buoy (light blue circle). Make a left hand turn and swim 80m to the swim exit chute (red teardrop).

TRANSITION – Swim-to-Run

Exit the water on the sand and run 20m into the transition area.

RUN COURSE – 2km – 2 laps of 1km

The run is two laps of an undulating out-and-back course. (approximately 450m out and 450m back, 2x, plus a 200m run to the finish). Exit Transition and turn right onto the shared bike pathway (yellow circle) and run 450m down and around the bottom of Black Mountain Peninsula (red teardrop). Make a 180 degree turn (keeping the cone on your right) and return along the shared cycle pathway until you get to the turn around cone (yellow circle) beside the TRYkids transition area. Make a 180 degree turn and complete for a 2nd time. As you return towards the transition area on your 2nd lap continue past for another 200 and enter the finish chute and cross the line (green teardrop).



4. TRYkids Short – 100m Swim / 1km Run

SWIM – 100m – 1 lap

Swim 90m (pink line) to the first buoy (Red teardrop). Make a left hand turn and swim 10m into the swim exit chute.

TRANSITION – Swim-to-Run

Exit the water on the sand and run 20m into the transition area.

RUN COURSE – 1km – 1 laps of 1km

The run is one lap of an undulating out-and-back course. (approximately 400m out and 400m back, 1x, plus a 200m run to the finish). Exit Transition and turn right onto the shared bike pathway (yellow circle) and run 400m down and around the bottom of Black Mountain Peninsula (orange circle). Make a 180 degree turn (keeping the cone on your right) and return along the shared cycle pathway and continue past the TRYkids transition area for another 200m and enter the finish chute and cross the line (green teardrop).

