

Course Description Runaway Bay

Bike Course

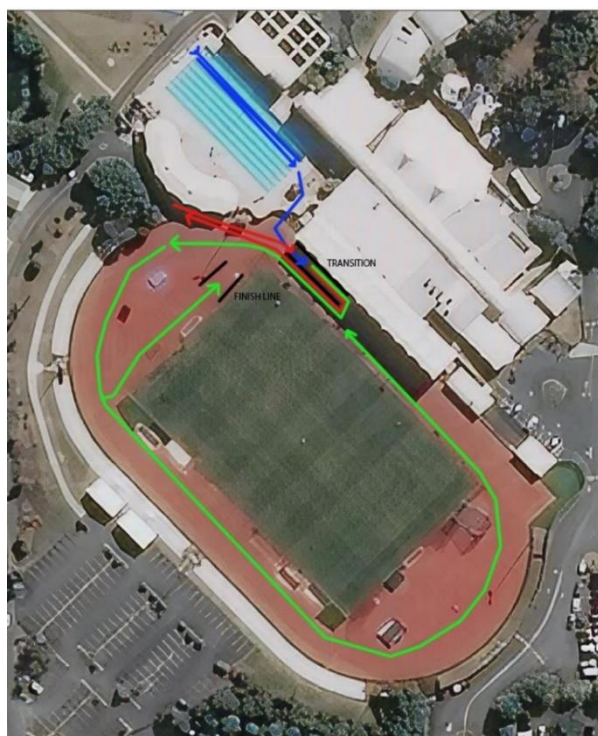
Bike course (4 laps + connections) – 9km



Swim & Run Course

Swim 350m as advised.

2.2km run – 5 laps + additional parts



Course Description

Swim: Swim will commence at the opposite end of pool (deep water start) to exit to allow for 7 laps of 50m pool. Handlers will be on hand to help those who need assistance to exit the pool.

Bike: Bike course will exit the transition area to mount line and then lap out to behind hockey field in a technical exit onto the Luke Harrop criterium track for 4 laps before returning to transition. Fast course with U turns.

Run: Athletics track around Runaway Bay Performance centre athletics track in an anti-clockwise direction before turning into the finish chute after 5 laps completion.

Times will be combined over 2 races to declare the overall winners.