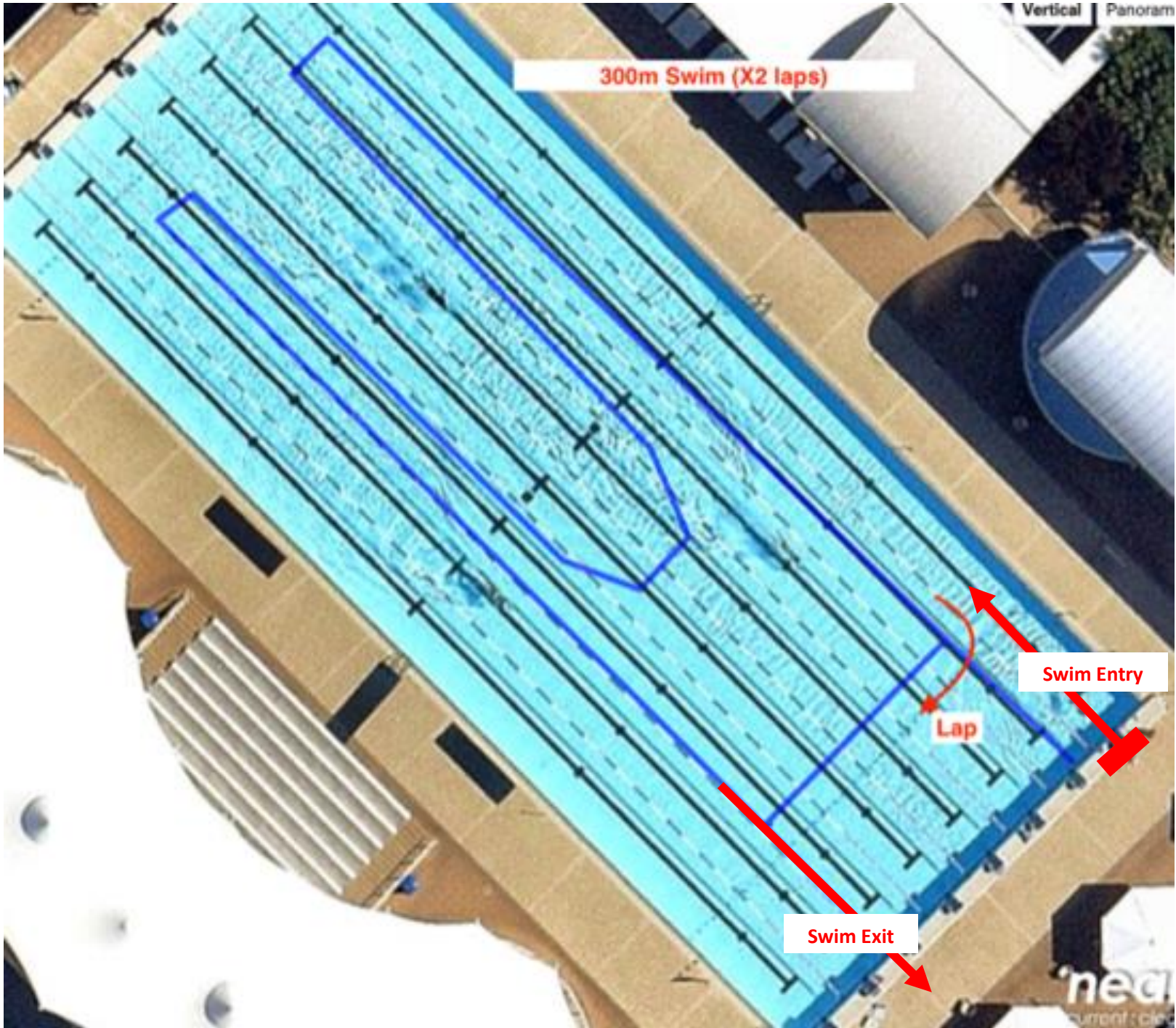


300m Swim (X2 laps)

Swim Entry

Lap

Swim Exit



Bike Course: 7km / x 5laps of crit circuit.

Into carpark only when leaving transition



Run: 1500m for each athlete

50m

3 X 450m/lap

Finish: 100m from track exit

Tagzone: 100m from track exit

