



TRIATHLON
SOUTH AUSTRALIA

DUATHLON STATE CHAMPIONSHIP

Sept 8th 2019

DISTANCE	RUN	BIKE	RUN
ENTICER	2.5km	10km	1.25km
DUATHLON CHAMPSHIPS	5km	20km	2.5km
KIDS RACE	1km	5km	500m



DUATHLON STATE CHAMPIONSHIP

Sept 8th 2019

RACE SCHEDULE

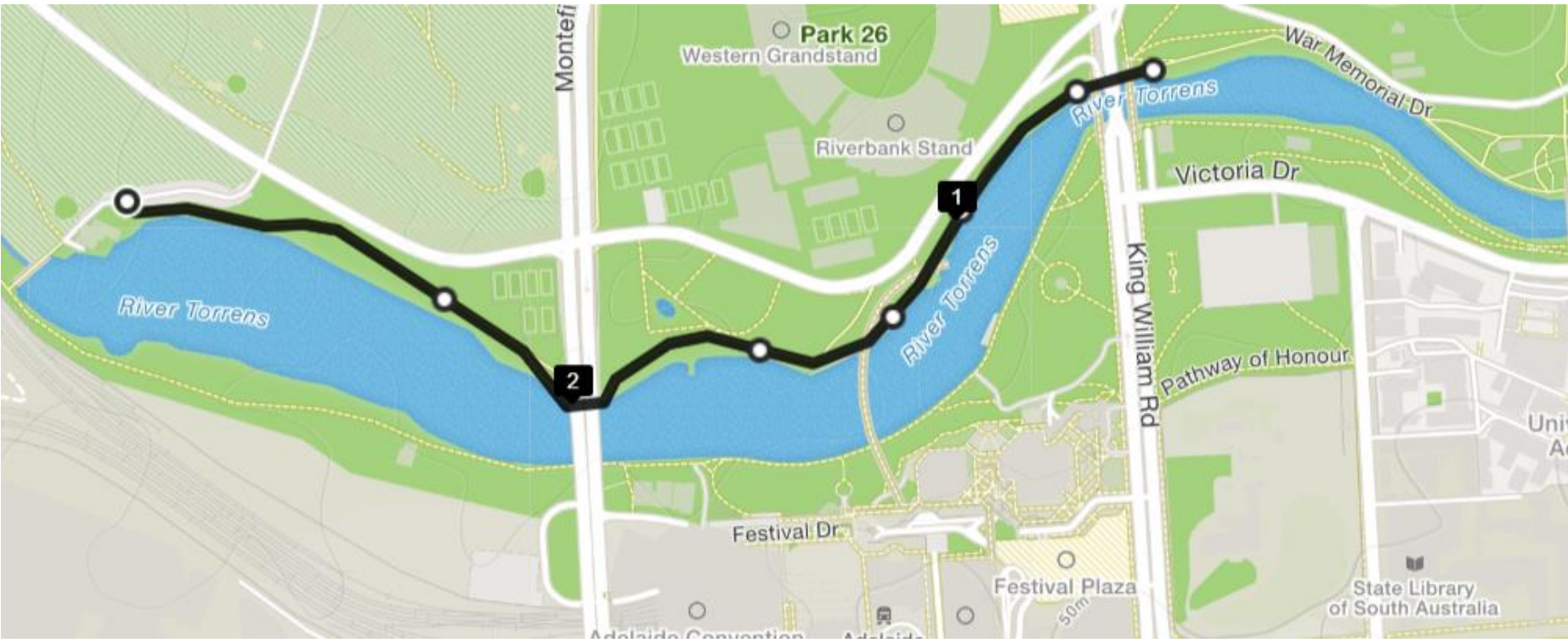
	TIME
REGISTRATION OPEN	7:00am-7:45am
RACE BRIEFING	7:50am
DUATHLON CHAMPSHIP COURSE START	8:00am
ENTICER COURSE START	8:15am
APPROX KIDS COURSE START	9:00am
PRESENTATION	Approx 9:30am

DISTANCE	RUN 1	RUN 2
ENTICER	2.5km (1 Lap)	1.25km (1/2 Lap)
DUATHLON CHAMPIONSHIP	5km (2 Laps)	2.5km (1 Laps)



DUATHLON STATE CHAMPIONSHIP

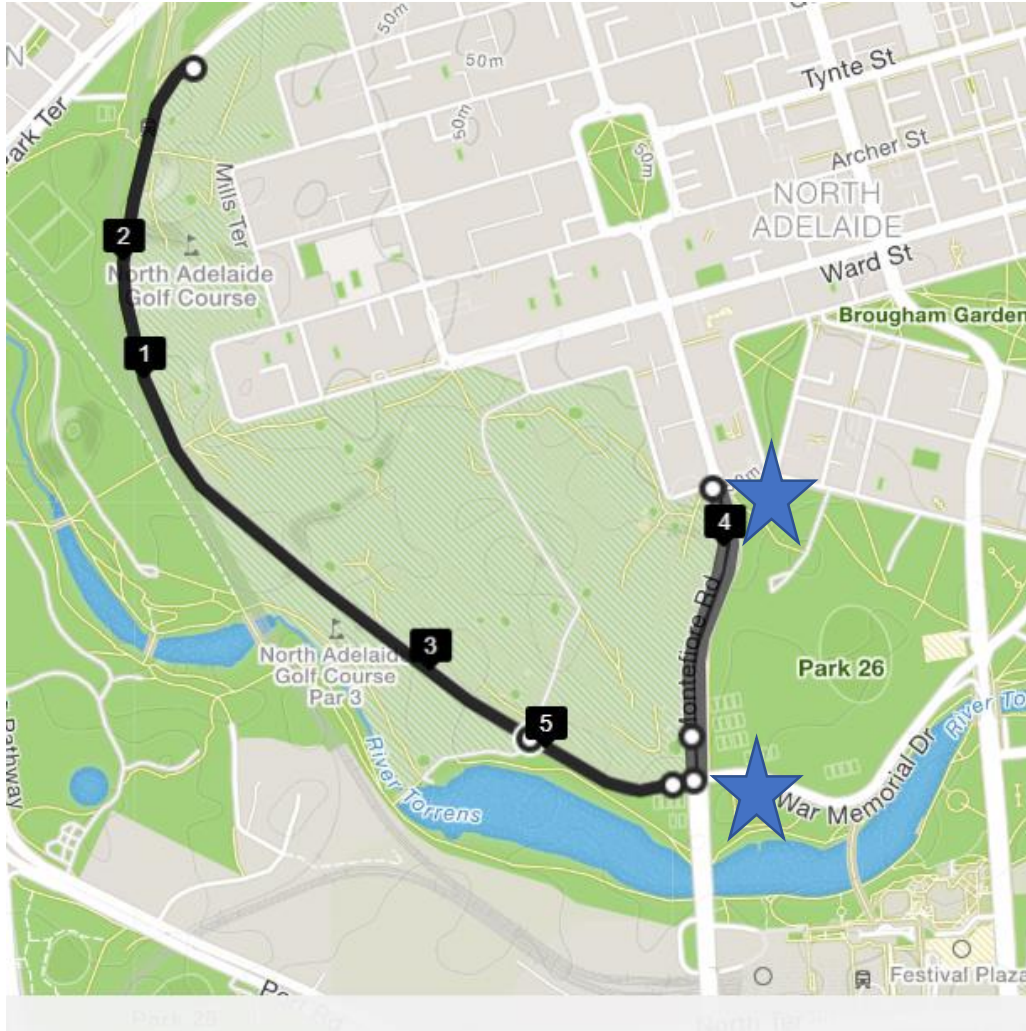
Sept 8th 2019





DUATHLON STATE CHAMPIONSHIP

Sept 8th 2019






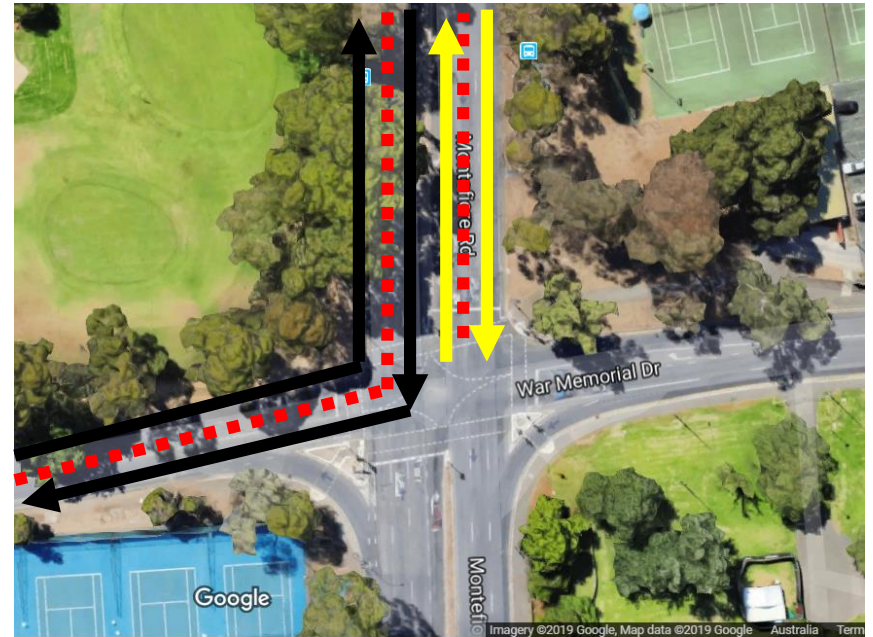
DISTANCE	BIKE
ENTICER	10km (2 Lap)
DUATHLON CHAMPIONSHIP	20km (4 Laps)



See next page

DUATHLON STATE CHAMPIONSHIP Sept 8th 2019

-  Cones
-  Bike Course
-  Car traffic flow



SITE MAP

