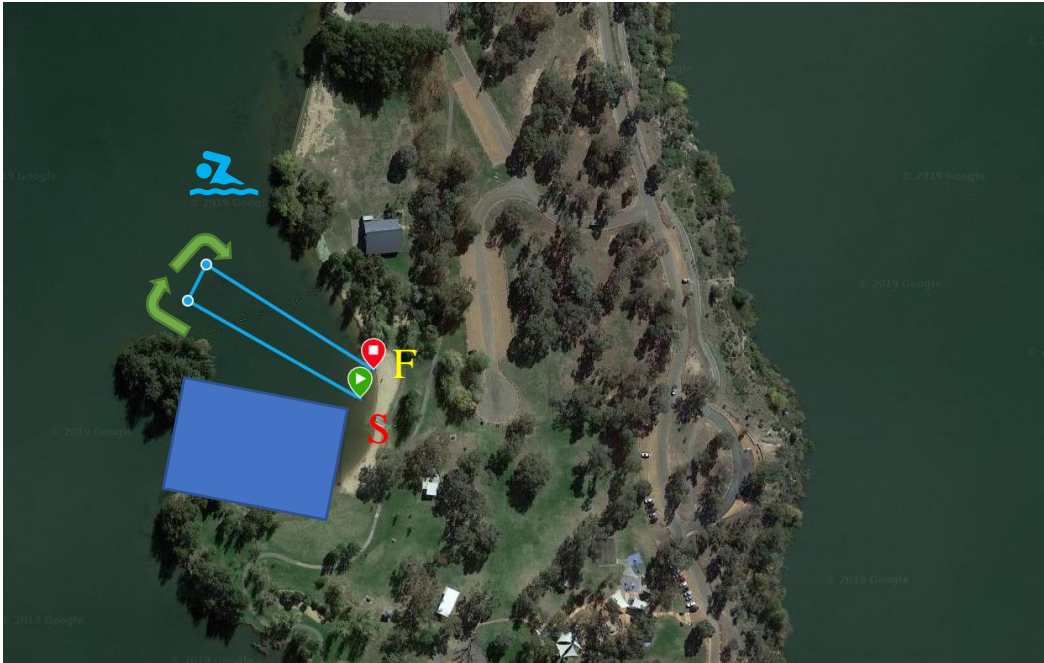


OPEN SuperSprint (250m Swim, 7.3km Cycle, 1.6km Run)

SWIM – 250m – 1 lap of 250m



Swim Clock-Wise around the course. 110m out to buoy #1, turn right ~90 degrees, 30m across to Buoy #2, turn right ~90 degrees, 110m to Swim Exit.

- S = Swim Start
- F = Swim Finish
- Blue Shape = Canberra Aqua Park

TRANSITION – Swim-to-Cycle



Exit the water on the sand and run 10m to the shared cycle path, turn right and run 40m, turn left onto the grass and run 90m into the transition area. Complete transition and exit onto the bike by the roundabout.

Note: Enlarged Transition Map available on the Website or separate document.

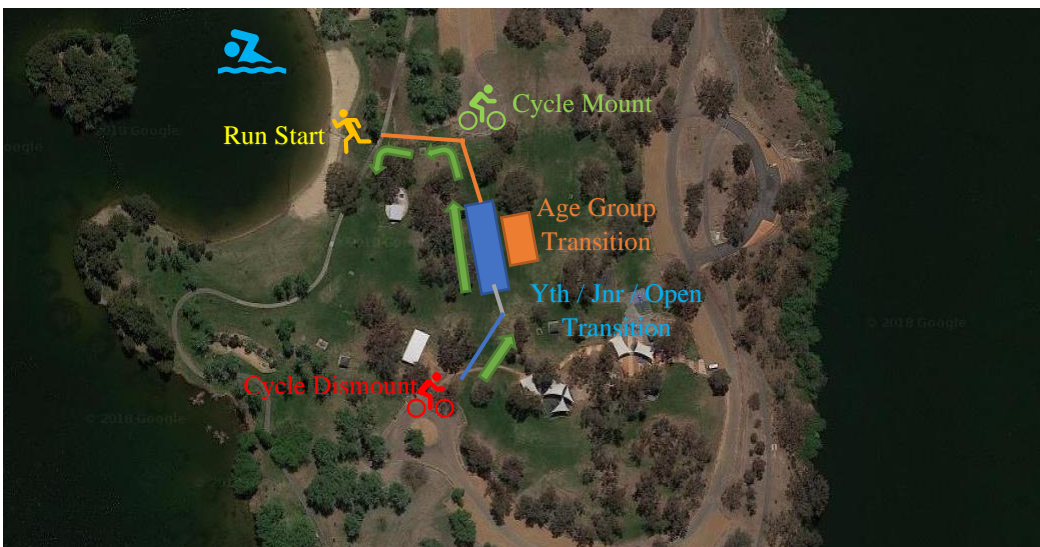
CYCLE – 7.3km – 3 laps (as per below)

The cycle is a 3-lap undulating course. Cross the cycle **MOUNT** line and commence the cycle course. Keeping left ride uphill along John Cardiff Close 140m and turn **LEFT** down to the boat ramp and do a 180-degree **U-TURN** (Off-camber slight downhill). Ride 200m up to Garryowen Drive and turn **LEFT**. Ride 400m, turn **LEFT** onto Rusty Robinson Place, ride 185m (caution, slow down and single file around bend recommended) and complete a 180-degree **U-TURN** (Off-camber slight downhill). Ride 185m up to Garryowen Drive and turn **LEFT**. Ride 120m up to Lady Denman Drive T-intersection, complete a 180-degree **U-TURN**, ride 600m along Garryowen Drive and turn **LEFT** into the lookout carpark. Continue 110m around the lookout carpark. On laps 1 and 2 turn **RIGHT** (Off-camber slight downhill - caution, slow down and single file around bend recommended) (Lap 3 turn **LEFT**), ride 180m along Garryowen Drive, turn **LEFT** into John Cardiff Close and ride 90m before turning left (caution, slow down and single file around bend highly recommended) and heading 150m back to the bike mount turnaround and complete a 180-degree **U-TURN**. Complete the same course for lap 2. On the **3rd lap** you complete the same lap up until you exit the lookout carpark. Instead of turning right, you turn **LEFT** and head downhill to the bottom of Black Mountain Peninsula to the roundabout and the cycle **DISMOUNT** line. Dismount your bike at the dismount line and head into Transition 2.

Notes:

- The distances of short segments are approximate based off Garmin connect course maps.
- The roads will be coned - straight sections further apart, corners closer together
- U-Turns will be a teardrop shape cone configuration on the inside and either Barriers or Bollards on the outside.
- Haybales (if available) and rubber matting will be used on the gravel as you exit the lookout carpark on laps 1 and 2.
- Haybales (if available) will be used down the centre of the road on the exit of the 90 degree turn on Rusty Robinson Place before you get to the U-Turn.

TRANSITION – Cycle-to- Run



Exit off the bike and run 50m into the transition area. Complete transition and exit onto the Run by the path and head south. Note: Enlarged Transition Map available on the Website or separate document.

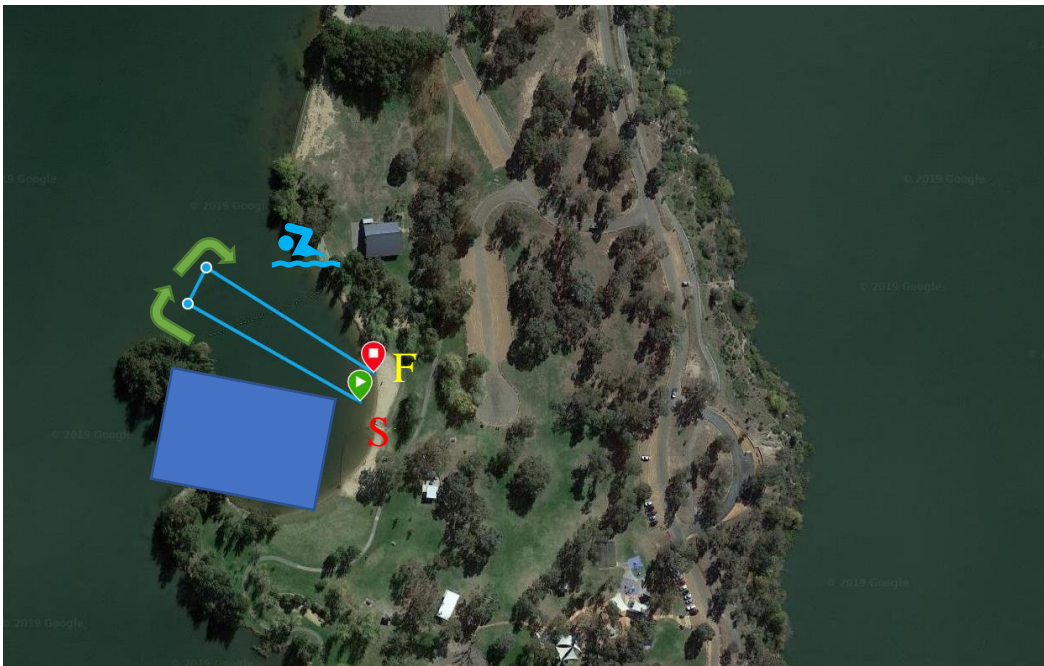
RUN – 1.6km - 2 laps of ~800m (Out & Back)



The run is a two lap of a mainly flat 1.6km out-and-back course (approximately 439m out and 386m back). Exit Transition out the North end of transition closest to the Telstra Tower. Turn left before the cycle mount and then left onto the shared bike pathway and run 439m down and around the bottom of Black Mountain Peninsula. Make a 180-degree turn (keeping the cone on your right) at Turnaround A and return along the shared cycle pathway 386m. Go 20m past the chute to the finish line and complete a 180 degree turn at Turnaround B, head back out 386m to Turnaround A and complete 180 degree turn. Return back to the finish chute 386m and veer left off the pathway onto the grass and through the finish-chute. Please note the Penalty Box will be positioned on the left of the shared cycle path with 50m to the Finish Line.

OPEN Mixed Team Relay (250m Swim, 6.5km Cycle, 1.2km Run)

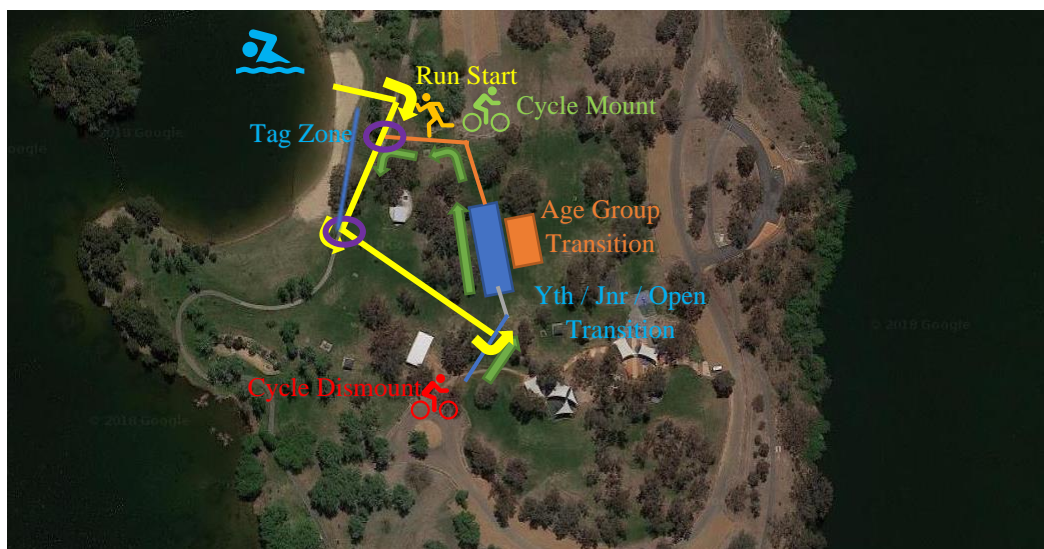
SWIM – 250m – 1 lap of 250m



Swim Clock-Wise around the course. 110m out to buoy #1, turn right ~90 degrees, 30m across to Buoy #2, turn right ~90 degrees, 110m to Swim Exit.

- S = Swim Start
- F = Swim Finish
- Blue Shape = Canberra Aqua Park

TRANSITION – Swim-to-Cycle



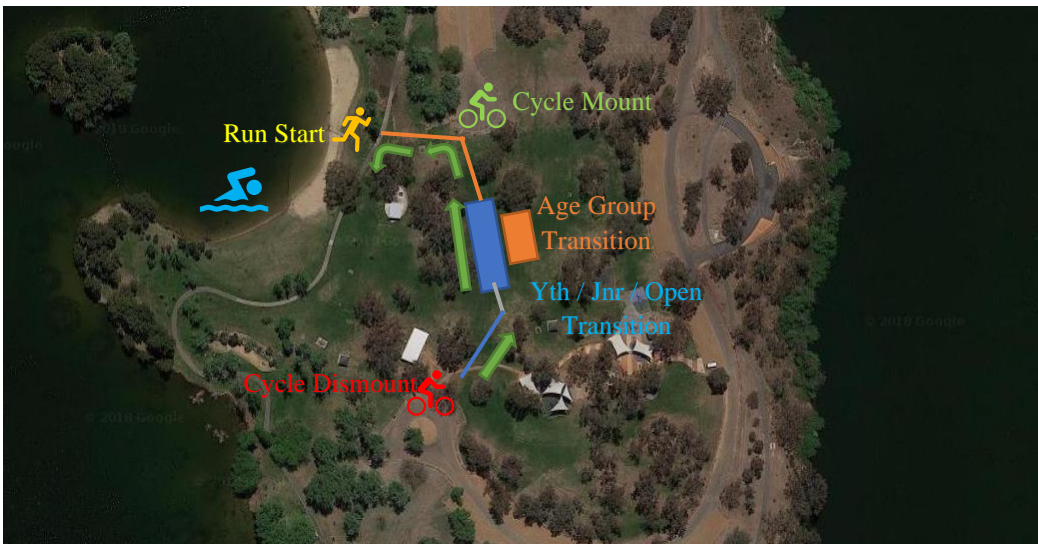
Exit the water on the sand and run 10m to the shared cycle path, turn right and run 40m, turn left onto the grass and run 90m into the transition area. Complete transition and exit onto the bike by the roundabout.

CYCLE – 6.5km – 1 lap of 6.5km



The cycle is a 1-lap undulating course. Keeping left head up John Cardiff Close 120m. Turn left onto Garryowen Drive and ride until you reach Lady Denman Drive. Turn Left and continue until the Turnaround at the Burringiri Aboriginal and Torres Strait Islander Culture Centre. Do a 180 degree turn and then ride East along Lady Denman Drive. Ride past the turnoff to Black Mountain Peninsula and down a hill until you reach the lights next to Parkes Way. Do a 180 degree turn and return back to Black Mountain Peninsula. Turn left onto Garryowen Drive. Ride past the John Cardiff Close intersection and continue until you reach the roundabout at the end of the road (Southern Tip of Black Mountain Peninsula). Dismount your bike at the dismount line and head into Transition 2.

TRANSITION – Cycle-to- Run



Exit off the bike and run 50m into the transition area. Complete transition and exit onto the Run by the path and head south.

Note: Enlarged Transition Map available on the Website or separate document.

RUN – 1.2km -1 lap of 1.2km (Out & Back)



The run is one lap of a mainly flat 1.2km out-and-back course (approximately 640m out and 560m back). Exit Transition out the North end of transition closest to the Telstra Tower. Turn left before the cycle mount and then left onto the shared bike pathway and run 640m 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 560m. As you return towards the run start, veer left off the pathway onto the grass and next to the finish chute and tag your next team mate (who commences a full triathlon as per the instructions above) in the changeover zone just before the swim start. If you are the 4th team member you will turn off the run path before the Tag Zone and go through the finish-chute. Please note the Penalty Box will be positioned on the left of the shared cycle path with 50m to the Finish Line.