

Triathlon ACT Aquathlon Series

Race #2: Wednesday 5th February, 2020

1. LONG - 400m Swim / 2km Run / 400m Swim / 2km Run

SWIM – 400m – 1 lap of 400m

Swim 170m straight out turn Right 120 degrees (Clockwise) at **buoy A**, swim 60m South to **buoy B**, make a 120 degree Right turn at **buoy B** and swim 170m straight to the finish exit. When returning to the finish exit run straight up the beach and into transition.

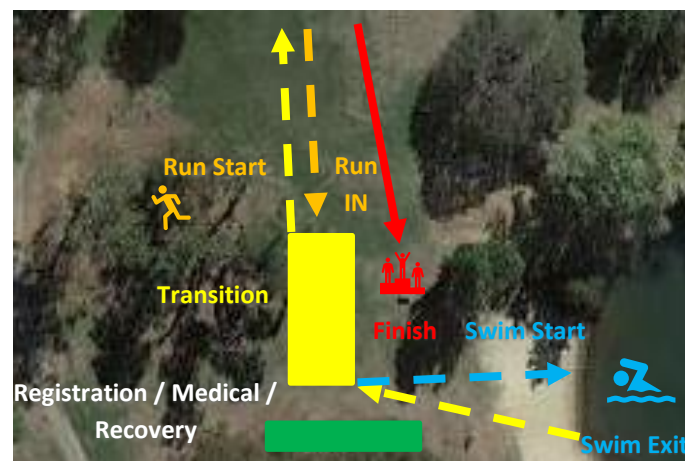


TRANSITION – Swim-to-Run

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

RUN – 2km – 1 lap of 2km

The run is a two lap, relatively flat (except the run out of transition), 2km out-and-back course (approximately 1km out and 1km back). Exit Transition out the top left corner closest to the road. Run up the hill, following the chute and cones and turn right onto the shared bike pathway and run 1km up and around the top of Weston Park, to **Turnaround A**. As you return towards the transition continue back into the transition chute and into transition.



Exit out of transition and enter the water on the left side of the swim start and complete the 400m swim (see above). Complete transition and then the final 2km and instead of going back into transition on your second lap of your run, you stay left and continue into the finish line.



2. SHORT - 200m Swim / 1km Run / 200m Swim / 1km Run

SWIM – 200m – 1 lap of 200m

Swim 100m straight out turn Right 150 degrees (Clockwise) at **buoy A**, swim 15m South to **buoy B**, make a 70 degree Right turn at **buoy B** and swim 85m straight to the finish exit. When returning to the finish exit run straight up the beach and into transition.



TRANSITION – Swim-to-Run

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

RUN – 1km – 1 lap of 1km

The run is a one lap, relatively flat (except the run out of transition), 1km out-and-back course (approximately 500m out and 500m back). Exit Transition out the top left corner closest to the road. Run up the hill, following the chute and cones and turn right onto the shared bike pathway and run 1km up and around the top of Weston Park, to **Turnaround A**. As you return towards the transition continue back into the transition chute and into transition.



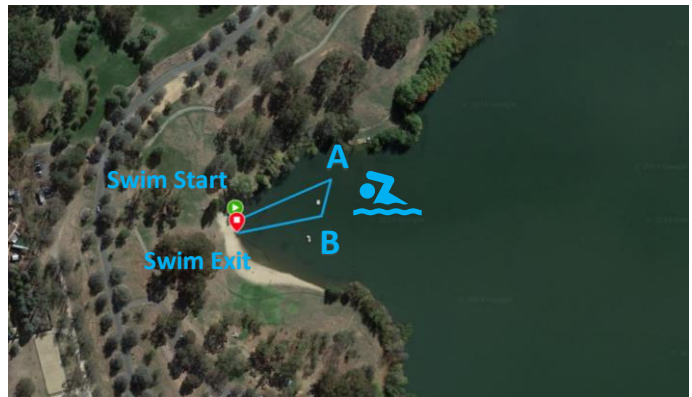
Exit out of transition and enter the water on the left side of the swim start and complete the 200m swim (see above). Complete transition and then the final 1km and instead of going back into transition on your second lap of your run, you stay left and continue into the finish line.



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

SWIM – 200m – 1 lap of 200m

Swim 100m straight out turn Right 150 degrees (Clockwise) at **buoy A**, swim 15m South to **buoy B**, make a 70 degree Right turn at **buoy B** and swim 85m straight to the finish exit. When returning to the finish exit run straight up the beach and into transition.

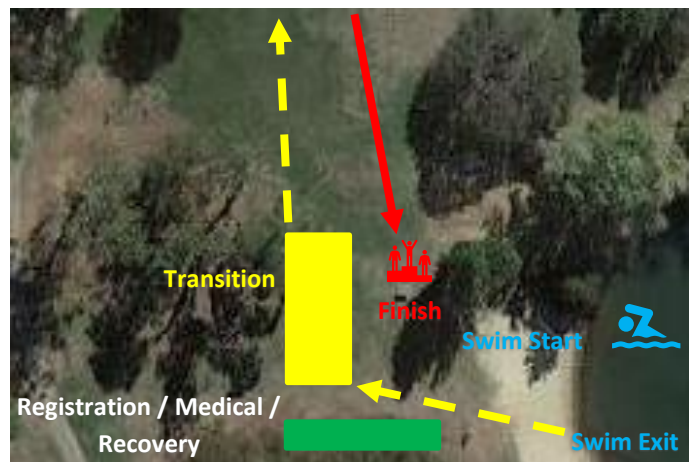


TRANSITION – Swim-to-Run

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

RUN – 2km - 1 laps of 2km

The run is a two lap, relatively flat (except the run out of transition), 2km out-and-back course (approximately 1km out and 1km back). Exit Transition out the top left corner closest to the road. Run up the hill, following the chute and cones and turn right onto the shared bike pathway and run 1km up and around the top of Weston Park, to **Turnaround A**. Make a 180 degree turn (keeping the cone on your right) and return along the shared cycle pathway until you get to the arrows and cone to return down towards transition. Run onto the grass and follow the cones into the finish chute.



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

SWIM – 100m – 1 lap of 100m

Swim 45m straight out turn Right 90 degrees (Clockwise) at **buoy A**, swim 10m South to **buoy B**, make a 90 degree Right turn at **buoy B** and swim 45m straight to the finish exit. When returning to the finish exit run straight up the beach and into transition.



TRANSITION – Swim-to-Run

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

RUN – 1km - 1 lap of 1km

The run is a one lap, relatively flat (except the run out of transition), 1km out-and-back course (approximately 500m out and 500m back). Exit Transition out the top left corner closest to the road. Run up the hill, following the chute and cones and turn right onto the shared bike pathway and run 500m up and around the top of Weston Park, to **Turnaround A**. Make a 180 degree turn (keeping the cone on your right) and return along the shared cycle pathway until you get to the arrows and cone to return down towards transition. Run onto the grass and follow the cones into the finish chute.

