

2. SHORT – 400m Swim / 1.5km Run

SWIM – 400m – 1 lap of 400m

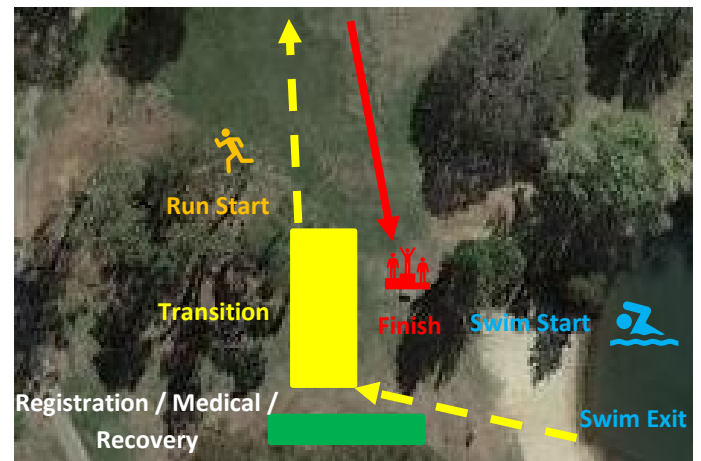
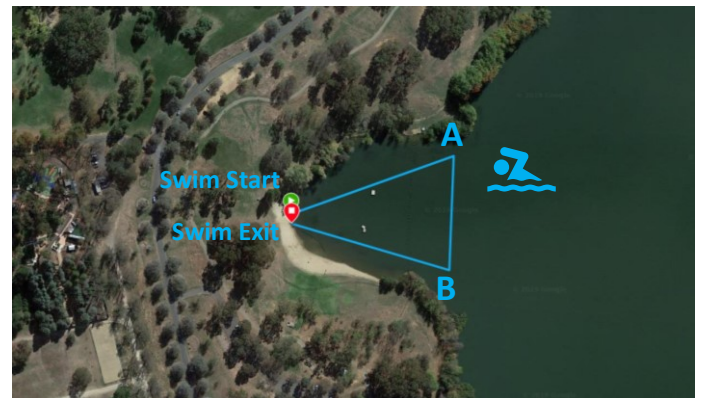
Swim 170m straight out turn Right 120 degrees (Clockwise) at **buoy A**, swim 60m South to **buoy B**, make a 120 degree Right turn at **buoy B** and swim 170m straight to the finish exit. When returning to the finish exit run straight up the beach and into transition.

TRANSITION – Swim-to-Run

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

RUN – 1.5km – 1 lap of 1.5km

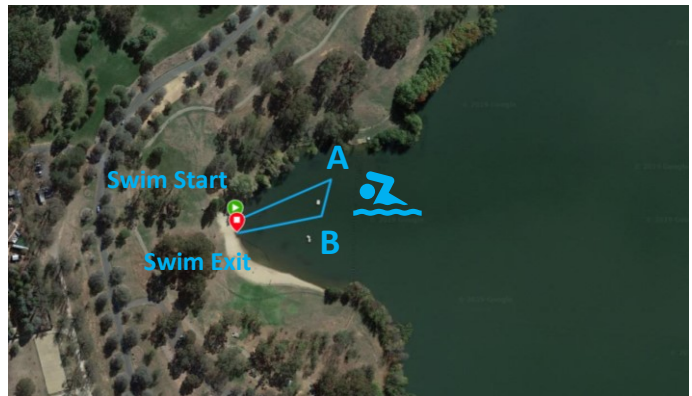
The run is a two lap, relatively flat (except the run out of transition), 1.5km out-and-back course (approximately 750m out and 750m back). Exit Transition out the top left corner closest to the road. Run up the hill, following the chute and cones and turn right onto the shared bike pathway and run 750m 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 and enter into the finish chute.



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.

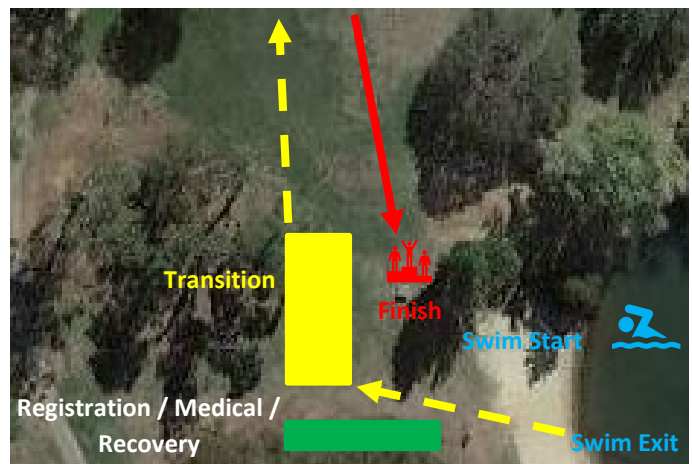


TRANSITION – Swim-to-Run

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 500m

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.

