



ENTER OFF
PRINCESS HWY

SPRINT RUN 1 MOVE TO
OUTSIDE OF TRACK

RACE CHECK IN
FIRST AID
COFFEE & FOOD
BAG STORAGE

SPRINT

RACE START	9:30AM	NORTHBOUND
RUN 1	3.2KM	CLOCKWISE LAP
RIDE	18.6KM	6 LAPS ANTI-CLOCKWISE
RUN 2	3KM	OUT AND BACK

DASH

RACE START	8:00AM	SOUTHBOUND
RUN 1	1.5KM	OUT AND BACK
RIDE	9.3KM	3 LAPS ANTI-CLOCKWISE
RUN 2	750M	OUT AND BACK

DRAFT LEGAL

RACE START	9:28AM	SOUTHBOUND
RUN 1	2KM	OUT AND BACK
RIDE	18.6KM	6 LAPS ANTI-CLOCKWISE
RUN 2	3KM	OUT AND BACK

KIDS 10-12 YEARS

RACE START	8:00AM	SOUTHBOUND
RUN 1	1KM	OUT AND BACK
RIDE	6.2KM	2 LAPS ANTI-CLOCKWISE
RUN 2	500M	OUT AND BACK

KIDS 7-9 YEARS

RACE START	8:00AM	SOUTHBOUND
RUN 1	500M	OUT AND BACK
RIDE	3.1KM	1 LAP ANTI-CLOCKWISE
RUN 2	250M	OUT AND BACK

1 2

UTURN MARKERS FOR RUN LEG 1 & 2, COLOUR CODED PER RACE. APPROX LOCATIONS.

- RUN LEGS (EXCEPT SPRINT 1)
OUT AND BACK (START HEADING SOUTHBOUND)
- SPRINT RUN 1 CLOCKWISE LAP
(START HEADING NORTHBOUND)
- ALL RIDE LEGS EXIT/RETURN NORTH END OF
TRANSITION. RIDE ANTI-CLOCKWISE LAPS