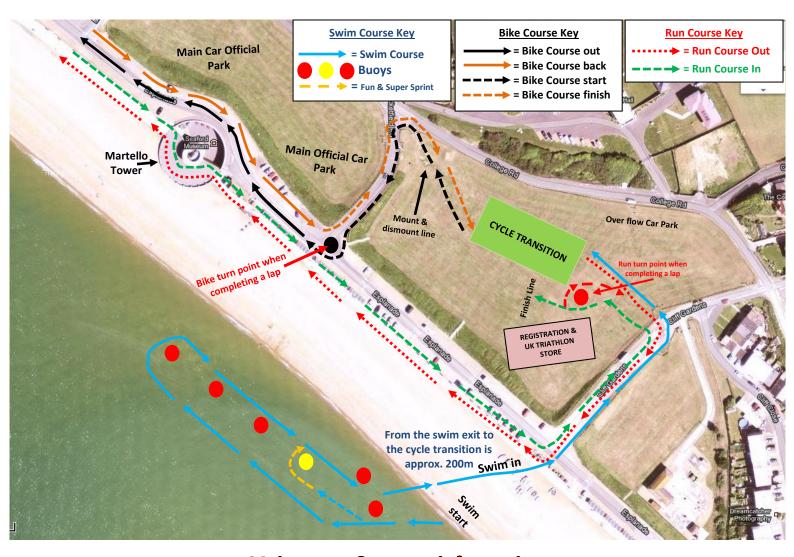


## South Coast Main arena & Swim course



## Main arena & course information

- ❖ All the facilities at the South Coast Triathlon are centrally located next to each other, making it a fantastic race venue for all the competitors as well as a great spectator friendly arena for all family & friends
- The swim is a sea swim, course length is 750m, the Olympic & Olympic Relay have to complete 2 laps, the Sprint & Sprint Relay have to complete 1 lap and the swim course for the Super Sprint & Fun is 200m (short course)
- The bike course takes place on a <u>closed road</u> on the Esplanade and Marine Parade, it is multiple lapped
- ❖ The run course takes place on the promenade which is multiple lapped
- On the main arena field there will be, Registration, Race Information, UK Triathlon Store, Bike repairs & information, Cycle Transition, Massage, Cafe & the Finish Line, with the official car park on the adjacent field

Swim course for all the Super Sprint & Fun competitors	X	1 lap	=	200m (short course)
Bike course for all the Super Sprint & Fun competitors	X	3 laps	=	10k
Run course for all the Super Sprint & Fun competitors	X	1 lap	=	2.5k
Swim course for all the Sprint competitors	X	1 lap	=	750m
Bike course for all the Sprint competitors	X	6 laps	=	20k
Run course for all the Sprint competitors	X	2 laps	=	5k
Swim course for all the Olympic & Relay competitors	x	2 laps	=	1500m
Bike course for all the Olympic & Relay competitors	X	12 laps	=	40k
Run course for all the Olympic & Relay competitors	X	4 laps	=	10k