## Stratford Triathlon Main Arena



## Event Arena Information

$>$ The pool is approximately 80 m from the cycle transition area
$>$ The mount line \& dismount line are approximately 50 m from the exit of cycle transition
$>$ There is one drinks station on the run course, you pass it on your right as you start your run and you pass it again (Sprint \& Relay competitors only) after your first lap, this is where your run timing mat will be
$>$ Swim course: Sprint \& Relay $\quad=12$ lengths, 4 lengths in each lane
$>$ Swim course: Super Sprint \& Fun $=6$ lengths, 2 lengths in each lane
$>$ Bike course: One lap of the bike course only for all competitors $=18 \mathrm{k}$
$>$ Run course: One lap of the run course $=2.5 \mathrm{k}$
$>$ Sprint \& Relay competitors $\quad$ x 2 laps $=5 \mathrm{k}$
$>$ Super Sprint \& Fun competitors $\quad \mathrm{x} \quad 1$ lap $=2.5 \mathrm{k}$

