



The Event Arena Information

- The pool is approximately 100m from the cycle transition area
- **BE CAREFUL** when exiting the pool, the stairs will be wet and slippery
- The mount line & dismount line are approximately 50m from the exit of cycle transition
- **BE CAREFUL** of traffic at all times, especially coming in & exiting the leisure centre
- 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
- Swim course: Sprint & Relay = 12 lengths, 4 lengths in each lane
- Swim course: Super Sprint & Fun = 6 lengths, 2 lengths in each lane
- Swim rules: **NO** Diving, **NO** tumble turns, **NO** back stroke
- Bike course: One lap of the bike course only for all competitors = 23k
- Run course: One lap of the run course is 2.5k
- Sprint & Relay competitors x 2 laps = 5k
- Super Sprint & Fun competitors x 1 lap = 2.5k