



## 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 **closed road** 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
- |   |   |                |   |                            |
|---|---|----------------|---|----------------------------|
| ➤ <b>Swim course for all the Super Sprint &amp; Fun competitors</b> | x | <b>1 lap</b>   | = | <b>200m (short course)</b> |
| ➤ <b>Bike course for all the Super Sprint &amp; Fun competitors</b> | x | <b>3 laps</b>  | = | <b>10k</b>                 |
| ➤ <b>Run course for all the Super Sprint &amp; Fun competitors</b>  | x | <b>1 lap</b>   | = | <b>2.5k</b>                |
| ➤ <b>Swim course for all the Sprint competitors</b>                 | x | <b>1 lap</b>   | = | <b>750m</b>                |
| ➤ <b>Bike course for all the Sprint competitors</b>                 | x | <b>6 laps</b>  | = | <b>20k</b>                 |
| ➤ <b>Run course for all the Sprint competitors</b>                  | x | <b>2 laps</b>  | = | <b>5k</b>                  |
| ➤ <b>Swim course for all the Olympic &amp; Relay competitors</b>    | x | <b>2 laps</b>  | = | <b>1500m</b>               |
| ➤ <b>Bike course for all the Olympic &amp; Relay competitors</b>    | x | <b>12 laps</b> | = | <b>40k</b>                 |
| ➤ <b>Run course for all the Olympic &amp; Relay competitors</b>     | x | <b>4 laps</b>  | = | <b>10k</b>                 |