



BIKE TURN
Standard 3x laps
Sprint/Duathlon - 2nd lap

Run Turn
Standard 2 x laps
Sprint 1 x lap
Duathlon 2nd lap

BIKE TURN
Bolt (Jnr & Novice)
1 x lap

RUN TURN
Bolt (Jnr & Novice)
1 x lap
Duathlon 1st lap

BIKE TURN
Sprint & Duathlon
- 1st lap

T1 BIKE EXIT
North on 1st Lap
all distances

T2 Entry
Bolt - after 1st Lap
Sprint & Duathlon - after 2nd Lap
Standard - after 3rd Lap



- P** EVENT PARKING
- W** WATER STATION
- T** TOILETS

SWIM COURSE
Bolt - 250m x Lap
Sprint - 750m - 1 Lap
Standard - 1500m x 2 Laps
Swim 750m x Lap
Swim 1500m x 2 Laps

BIKE COURSE - - - ->
Bolt - 10km x 1 Lap
Sprint - 20km x 2 Laps
Duathlon - 20km x 2 Laps
Standard - 40km x 3 Laps

RUN COURSE - - - ->
Bolt - 2km x 1 Lap
Sprint - 5km x 1 Lap
Duathlon - 2km 1st Lap
Duathlon - 5km 2nd Lap
Standard - 10km x 2 Laps



BIKE LAP TURN

- Bolt x 1
- Sprint x 2
- Duathlon x 2
- Standard x 3

Road Remains Open To Public
Whitford Nodes

