



Start of bike ←

Entry
Exit

Duathlon
Start Point

Transition Area

Olympic Swim
Sprint Swim

Try-a-Tri Swim

Swim Course

- Try-a-Tri swim along the shore 100m
- Sprint - 1lap of 500m
- Olympic - 3 laps totaling 1500m
At the end of each lap swimmers must get out of the water and circle around the bouy, before starting their next lap.

2nd and 3rd lap of Olympic Swim