



To Run Turnaround
500m Out and Back

To Cycle Turnaround
1km Out and Back

FINISH

**TRANSITION
CYCLE RACKS**

Trailer

REGO/PRIZE

- KEY:**
- Swimmers
8-10 4 Lengths
11-13 8 Lengths
 - Runners
8-10 1 Lap
11-13 2 Laps
 - Cyclists
8-10 1 Lap
11-13 2 Laps
 - = 11-13 Turn Only For
2nd Lap