



Main Arena Information

Course logistics

Swim	Sprint & Relay	x 16 lengths	= 400m	Super Sprint & Fun	x 8 lengths	= 200m
Bike	Sprint & Relay	x 2 laps	= 25k	Super Sprint & Fun	x 1 lap	= 12.5k
Run	Sprint & Relay	x 4 laps	= 5k	Super Sprint & Fun	x 2 laps	= 2.5k

- Distance from the exit of the pool to T1 approximately 6m; from the exit of T1 to the mount line approximately 15m; from Dismount line to T2 approximately 10m
- **BAG COLLECTION:** At registration you will be given a bag with your race number on it; this is for you to use in T1 to put all your triathlon gear in such as goggles etc for when you have finished your swim. Make sure you put everything in the bag; the bag will then get transported to the event arena where it will be put at the bag collection point. There will be no bags left at Cycle Transition one or at the pool.
- **CYCLE TRANSITION TWO:** Only leave your triathlon running gear (trainers etc) in T2 before the start of your race; your swimming gear, cycle and cycle gear will need to go to T1 next to the pool... **REMEMBER NO RUNNING GEAR TO BE LEFT AT T1 BECAUSE IT WILL GET TAKEN TO BAG COLLECTION ONCE YOU HAVE FINISHED YOUR SWIM!**