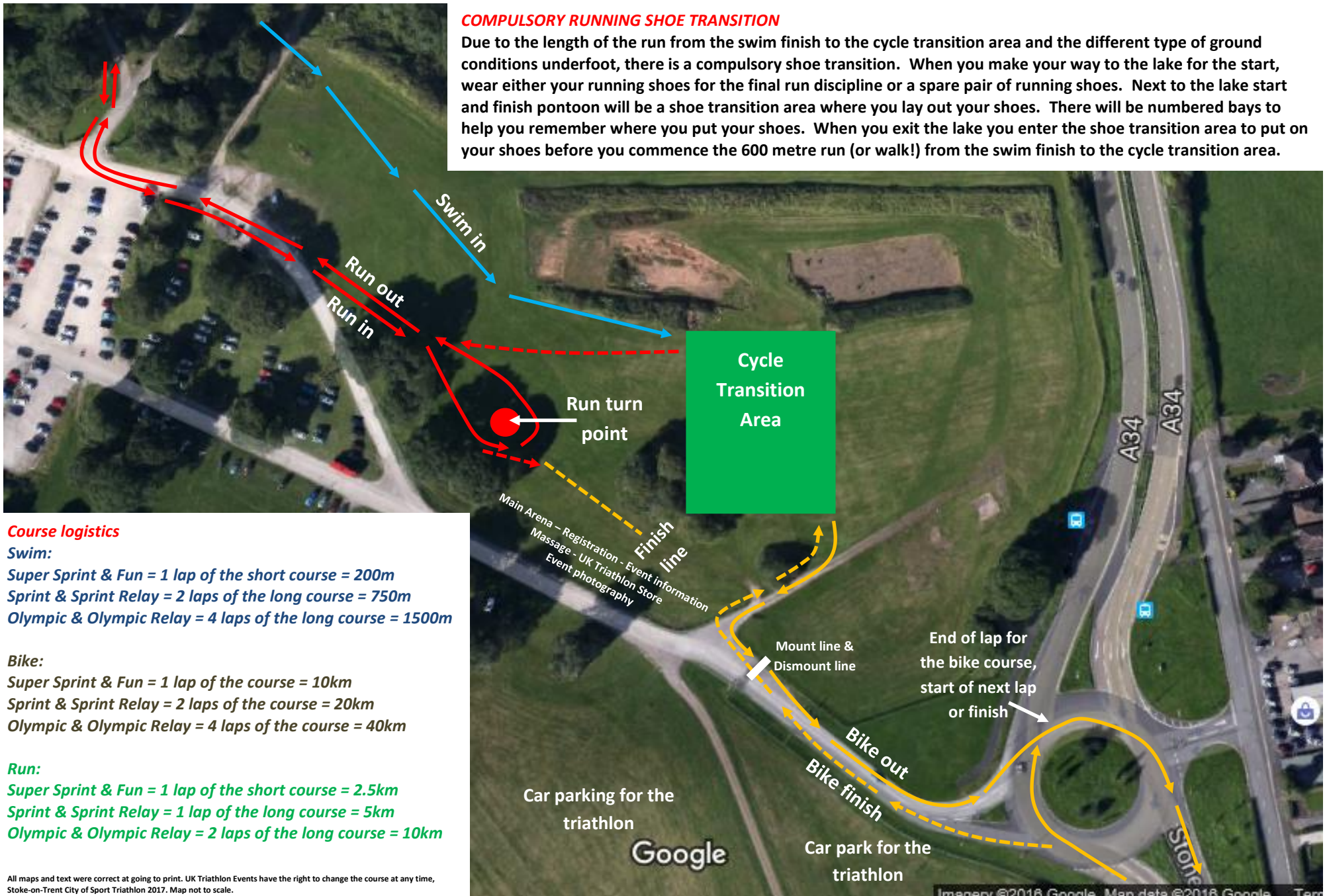


Stoke-on-Trent City of Sport Triathlon

Main Arena

COMPULSORY RUNNING SHOE TRANSITION

Due to the length of the run from the swim finish to the cycle transition area and the different type of ground conditions underfoot, there is a compulsory shoe transition. When you make your way to the lake for the start, wear either your running shoes for the final run discipline or a spare pair of running shoes. Next to the lake start and finish pontoon will be a shoe transition area where you lay out your shoes. There will be numbered bays to help you remember where you put your shoes. When you exit the lake you enter the shoe transition area to put on your shoes before you commence the 600 metre run (or walk!) from the swim finish to the cycle transition area.



Course logistics

Swim:

Super Sprint & Fun = 1 lap of the short course = 200m
 Sprint & Sprint Relay = 2 laps of the long course = 750m
 Olympic & Olympic Relay = 4 laps of the long course = 1500m

Bike:

Super Sprint & Fun = 1 lap of the course = 10km
 Sprint & Sprint Relay = 2 laps of the course = 20km
 Olympic & Olympic Relay = 4 laps of the course = 40km

Run:

Super Sprint & Fun = 1 lap of the short course = 2.5km
 Sprint & Sprint Relay = 1 lap of the long course = 5km
 Olympic & Olympic Relay = 2 laps of the long course = 10km