



Course logistics

Age 7 to 8 =	25m swim – 1km bike – 500m run
Age 9 to 12 =	50m swim – 2km bike – 1km run
Age 13 to 16 =	100m swim – 3km bike – 1.5km run

Age 7 to 8 =	1 lap of the swim course, 1 lap of the bike course, 1 lap of the run course
Age 9 to 12 =	2 laps of the swim course, 2 laps of the bike course, 2 laps of the run course
Age 13 to 16 =	4 laps of the swim course, 3 laps of the bike course, 3 laps of the run course

There is a short walk onto the pontoon to the swim start.

The pontoon will have hand rails on for the children to hold, plus marshals on the pontoon to make sure the children feel safe.

There will be approximately 10 canoeists on the water to make sure the children are safe.

The children will start their swim in the water at the edge of the pontoon. There will be a ramp going into the water for the children to stand on, a member of the race crew will start the children.

For safety reasons no parents are allowed onto the pontoon.

The children will get their race safety brief on the grass before they walk onto the pontoon.

When you arrive at registration on the day of the triathlon, you will be given two wrist bands in your event day envelope. One for your child to wear, and one for you (the parent/carer) to wear. This allows one parent/carer to go into transition with the children to help them rack their bike.

IMPORTANT

There is approximately a 600m walk/run from exiting the lake to the cycle transition.

There will be a shoe transition zone at the lake as the children exit the pontoon, so please make sure all the children take with them a pair of trainers to the start of the swim.

Please make sure when you are walking to the swim start you keep out of the way of oncoming children and parents who have already completed their swim.

Swim Course: There will be a 25m lane rope attached to the buoys, the children will swim their allocated laps around the lane rope and buoys.