



IMPORTANT

There is approximately an 800m walk/run from exiting the lake to the cycle transition. There will be a shoe transition 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.

Key

- Blue lines = from the swim into the cycle transition
- Yellow lines = Kids bike course
- Red lines = Kids run course
- Red dotted line = run out and start of the kids run
- Orange dotted line = Kids finish
- Yellow dotted line = Kids bike finish

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

The whole of the bike and run course will be post and taped, making it easy for the children to navigate.

There are two hills for the children to climb on the bike course.

The thin yellow dotted line shows where the hills are on the bike course.

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.