



## Run course information

- One lap of the run course is 2.5k (not to scale)
- Sprint & Relay competitors                    x    2 laps        =    5k
- Super Sprint & Fun competitors            x    1 lap        =    2.5k
- Your run course is on grass and path
- You go past the only High 5 drinks station at the start of your run, once you see the drinks station for a 2<sup>nd</sup> time you know you have completed a lap
- Just past the drinks station (which will be on your right) you have to go over a small mound, turn left as you go over the mound to embark on your run course, **IMPORTANT!** You must keep to the **LEFT** hand side all the way around the run course
- When you come back over the mound to complete a lap, the turn point is for Sprint & Relay competitors only, Super Sprint & Fun competitors head towards the finish line