



York Triathlon – Event distances

Swim course distance: 1 length = 25m

Sprint & Sprint Relay: 25m length x 12 lengths = 400m

Super Sprint & Fun: 25m length x 6 lengths = 200m

Bike course distance: 1 lap = 3km

Sprint & Sprint Relay: 3km lap x 6 laps = 18km

Super Sprint & Fun: 3km lap x 3 laps = 9km

Run course distance: 1 lap = 1.25km

Sprint & Relay: 1.25km lap x 4 laps = 5km

Super Sprint & Fun: 1,25km lap x 2 laps = 2.5km

- The bike course is lapped, flat as well as on a fully closed road to traffic.
- The run course is lapped, flat as well as fully closed to the public and traffic.
- All competitors must count their own swim lengths in the pool, their own laps on the bike and run.
- It is compulsory to wear a cycle helmet on the cycle section of the race.
- The event is chip timed.