



Main Arena

Ultimate swim
4 laps = 2.4 miles

Ultimate ½ swim
2 laps = 1.2 miles

Ultimate ¼ swim
1 lap = 0.6 miles

Ultimate Sprint swim
1 lap (short course) = 500m

Ultimate bike
4 laps = 112 miles

Ultimate ½ bike
2 laps = 56 miles

Ultimate ¼ bike
1 lap = 28 miles

Ultimate Sprint bike
1 lap (short course) = 20km

Ultimate run
6 laps = 26.2 miles

Ultimate ½ run
3 laps = 13.1 miles

Ultimate ¼ run
4 laps = 6.2 miles
(short course)

Ultimate Sprint run
2 laps = 5km
(short course)

- ❖ Onsite parking, camping, showers, toilets, café, registration & mail arena
- ❖ Fresh Water Lake swim – clear water - no weed - excellent multi lapped bike course - flat multi lapped run course
- ❖ Multiple feed stations on the bike & run course
- ❖ Spectator friendly viewing points on the swim, bike & run courses creating a fantastic atmosphere for all the competitors