

RACE 1 - 300m Swim/ 6km Bike/ 1.4km Run

Swim is completed in a clockwise direction, athletes then run up the footpath to transition area on the road. Transition area has been moved to the road to avoid the big boulders at the each of the grass. Athletes make a right-hand turn into transition and travel through transition to then complete their bike leg. Upon returning to transition area, athletes will head down the path towards the lake and make a right-hand turn to commence the run leg. The finish line is on the road just near transition area.



RACE 2 - 1.4km Run/ 300m Swim/ 6km Bike

Athletes start down near the water on the trail and complete the trail run, returning to transition area on the road, upon arriving at transition area, athletes will have to run down to the bike entrance/exit and enter transition area, depositing their running shoes and heading for the swim, athletes will run down the footpath towards the water, keeping left on the path. Athletes complete the swim course in a clockwise direction and return up the footpath keeping left, making the right-hand turn to head into transition area at the top of the footpath to then head out and complete their bike course. At the completion of the bike course they must rack their bike and remove their helmet and head to the finish line.



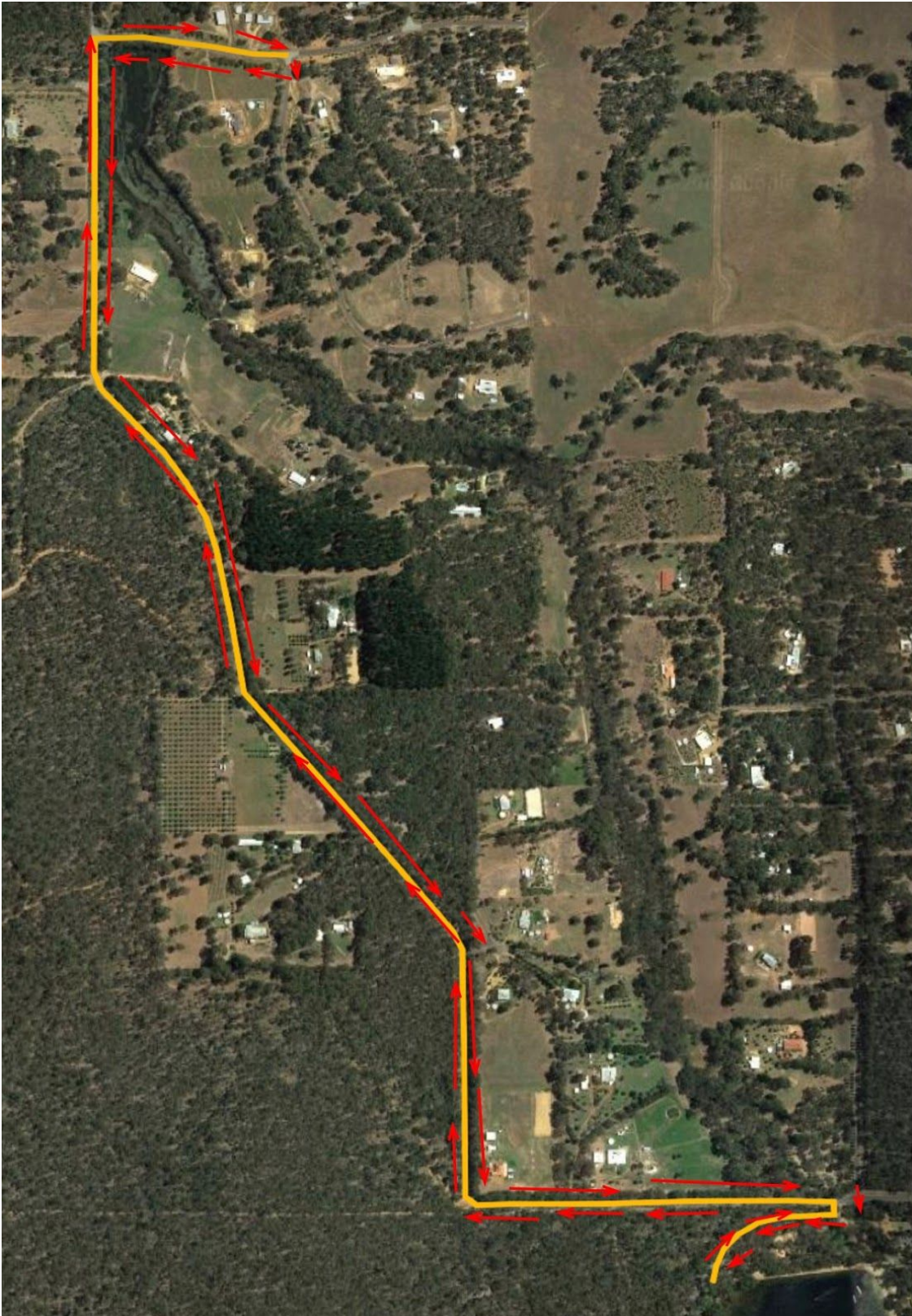
RACE 3 - 1.4km Run/ 6km Bike/ 300m Swim

Athletes start down near the water on the trail and complete the trail run, returning to transition area on the road, heading into transition area from the southern end (straight in, not around first). Athletes then complete the bike leg and return to transition. Leaving transition area and turning left to head down the footpath to the water, remembering to keep left. Athletes then complete the swim course in a clockwise direction. Upon exiting the water, athletes will run up the footpath and make a left-hand turn at the top to run into the finish line.



BIKE COURSE - 6km

Bike course a simple out and back undulating course, the bike turn is located halfway up a hill on Laguna Vista, athletes must take care when taking the left hand turn back onto Rosedale Road as it's a sharp left-hand turn at the bottom of a hill. Please use caution when coming in and out of the Lake entry/ exit.



RUN COURSE - 1.4km

Stunning trail run, out on the lakeside trail before heading back along the Mountain Bike trail. There will be an aid station at the entry to the run course not at the turn around. There is no littering at all on course.



SWIM COURSE – 300m

Swim is a clockwise course, swimming 110m to the first buoy, then making a right-hand turn and swimming 70m, followed by another right-hand turn and then swimming 120m to return to shore.

