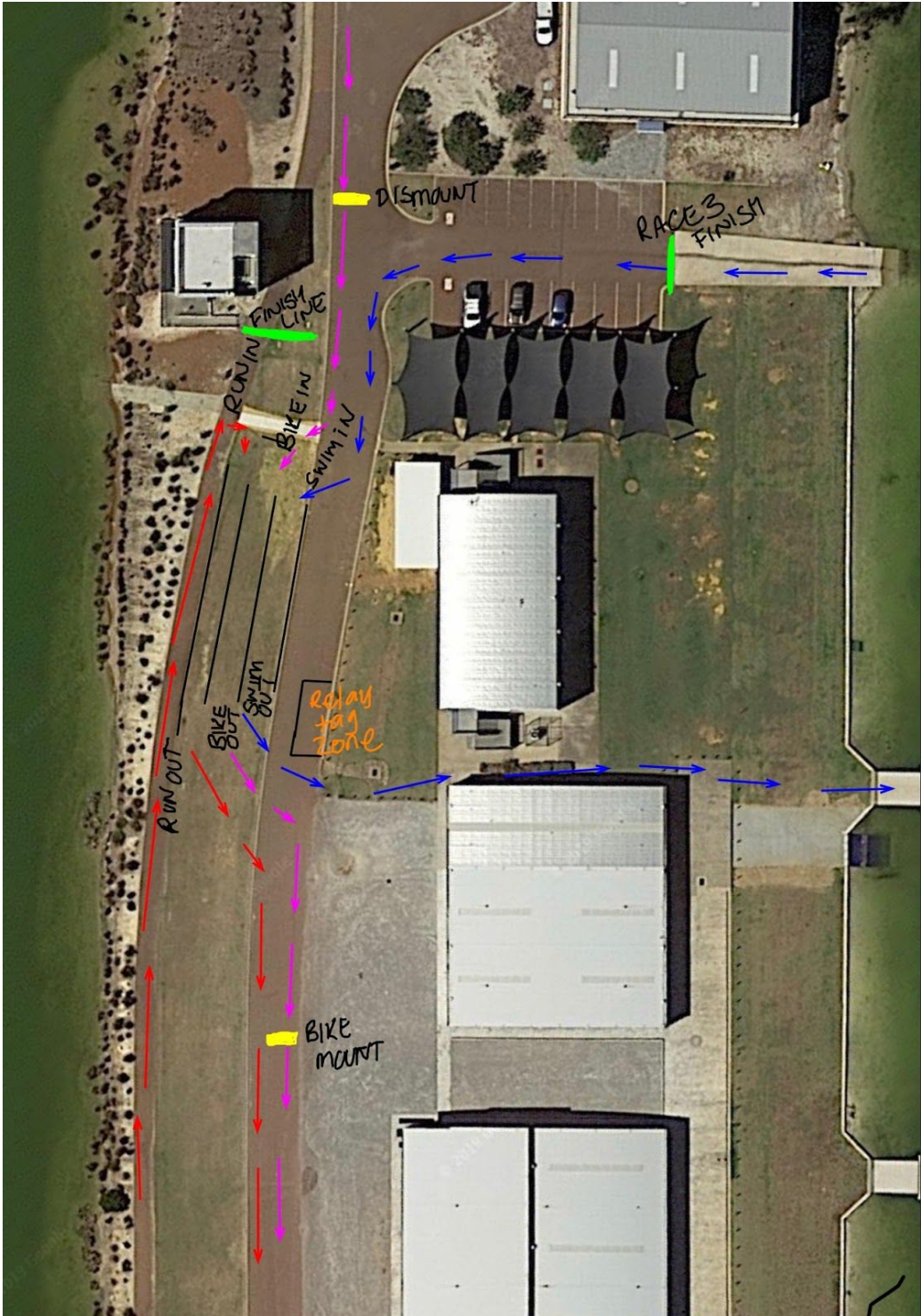
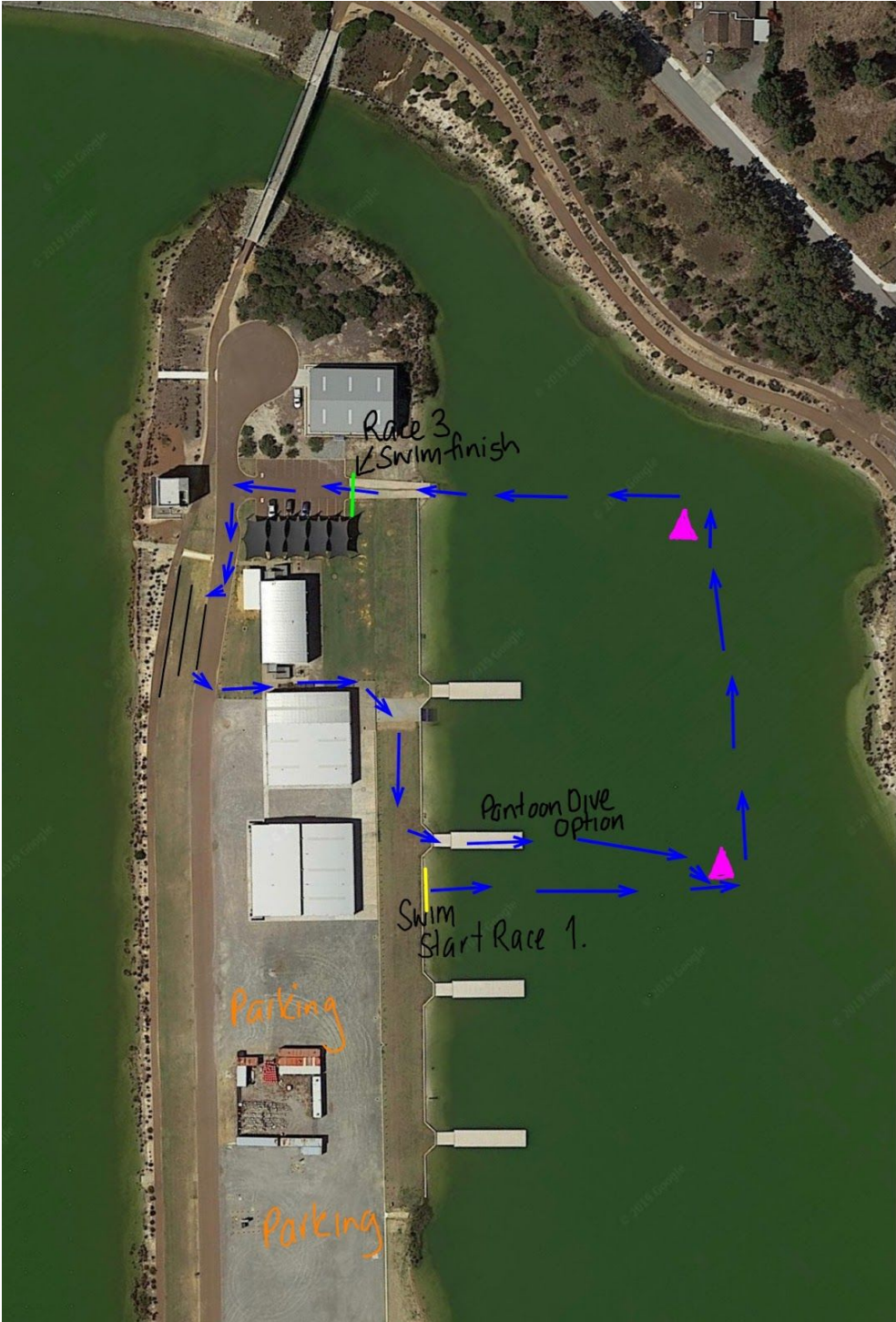


TRANSITION - has been moved from the usual grassed area behind the function building to the front grassed area. All entry to transition for swim, bike and run at the northern end and all exit points are from the south of transition.



SWIM- 300m (Including beach entry and pontoon dive options for races 2 and 3 also Relay) athletes can opt to either run in and enter water from the beach or dive from the pontoon in races 2 and 3. Also team relay member 2,3,4 can do the same.



BIKE - 7km.



RUN - 1.5km. A simple out on the road and turn at end of bridge onto the pedestrian path and back. There will be an aid station due to the heat will decide race morning the best place for the aid station.



