

KNOW YOUR RACE ROUTES

It is vitally important to know where you are going on race day, so check out your race route links below.

It is each athlete's responsibility to know their own race route and the number of laps required for their race. Race marshals are there to guide athletes, but they will not be responsible for counting laps or managing race routes for athletes.

SWIM ROUTES:

- Mini – 200m Swim – 1 lap
- Super Sprint – 400m – 2 laps of 200m each
- Sprint – 750m – 1 lap
- Challenge – 1.2km – 2 laps

BIKE ROUTES:

- 6km Mini Tri Bike • 1 lap: https://www.plotaroute.com/route/2771396?units=km
- 10.5km Super Sprint Bike • 2 laps: https://www.plotaroute.com/route/2771400?units=km
- 20km Sprint Bike • 3 laps: https://www.plotaroute.com/route/2771403?units=km
- 40km Standard Bike • 6 laps**:** https://www.plotaroute.com/route/2771407?units=km

RUN ROUTE FOR EVERYONE:

- 2.5km Run Route: https://www.plotaroute.com/route/2772419?units=km