


Swim Course

- Long Course:
2 laps (1.9km)
- Short Course:
1 lap (950m)



Bike Course

 Bottle exchange

 Toilets


 Direction of travel


- Long Course: 4 laps (90km)
- Short Course: 2 laps (45km)




Run Course

- Long Course: 4 laps (21.1km)
- Short Course: 2 laps (10.5km)

 Aid Stations

 Toilets

 Direction of travel

