PARTICIPANT ROUTE MAP

- **Start (Triathlon) and Finish (all races)**
- **Registration**
- **Cycle Transition**
- **Run Lap Mark**
- **Run Lap Mark**
- **Cycle Lap Mark**
- **Swim Location**
- **Swim Location**
- **Aquathlon Run Turn-around**
- **Aquathlon Run Turn-around**
- **Run Route**
- **Pool Transition**
  - 300m (pool to cycle transition)
- **Cycle Route**
  - Olympic Distance: 4 laps = 40km
  - Sprint and Relay Distance: 2 laps = 20km
  - Short Distance: 1 lap = 10km
  - Duathlon: 2 laps = 20km
  - Youth Distance: 1 lap = 10km
- **Youth Run Turn-around**
- **Youth Run Turn-around**
- **Run Route**
  - Short Distance: 1 lap = 5km
  - Duathlon: 1 lap = 5km x 2 times
  - Youth Distance: 3km run
  - Aquathlon: 1km run