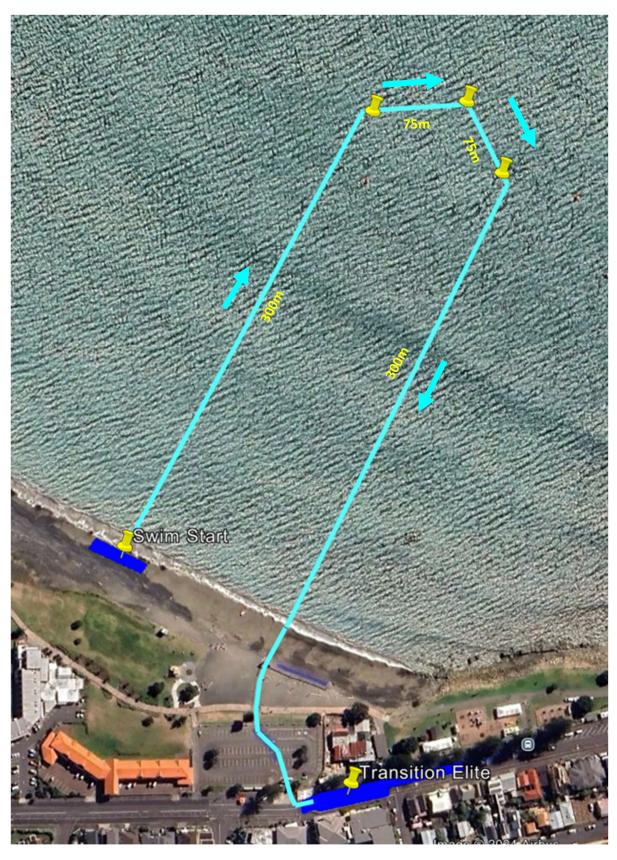


Elite Swim Course



750m – 1 lap Clockwise









Graph: Min, Avg, Max Elevation: 0, 8, 29 m Range Totals: Distance: 5 km Elev Gain/Loss: 112 m, -112 m Max Slope: 33.6%, -24.7%Avg Slope: 2.9%, -5.0%



Elite Run Course – 5km – 2 laps of 2.5km



The Run course is a flat course and is two laps of 2.5km. Athletes will leave transition and run along Hardinge Road to a U-Turn just after entering onto SH50, returning same route and through transition, in a lane on the left side of transition, into Nelson Quay and then turning right into the Perfume Point Recreation Reserve to a second U-Turn returning back along the lane way, left onto Nelson Quay and into Hardinge Road to complete the first lap of 2.5km. At the end of the second lap veer left into the finish chute

