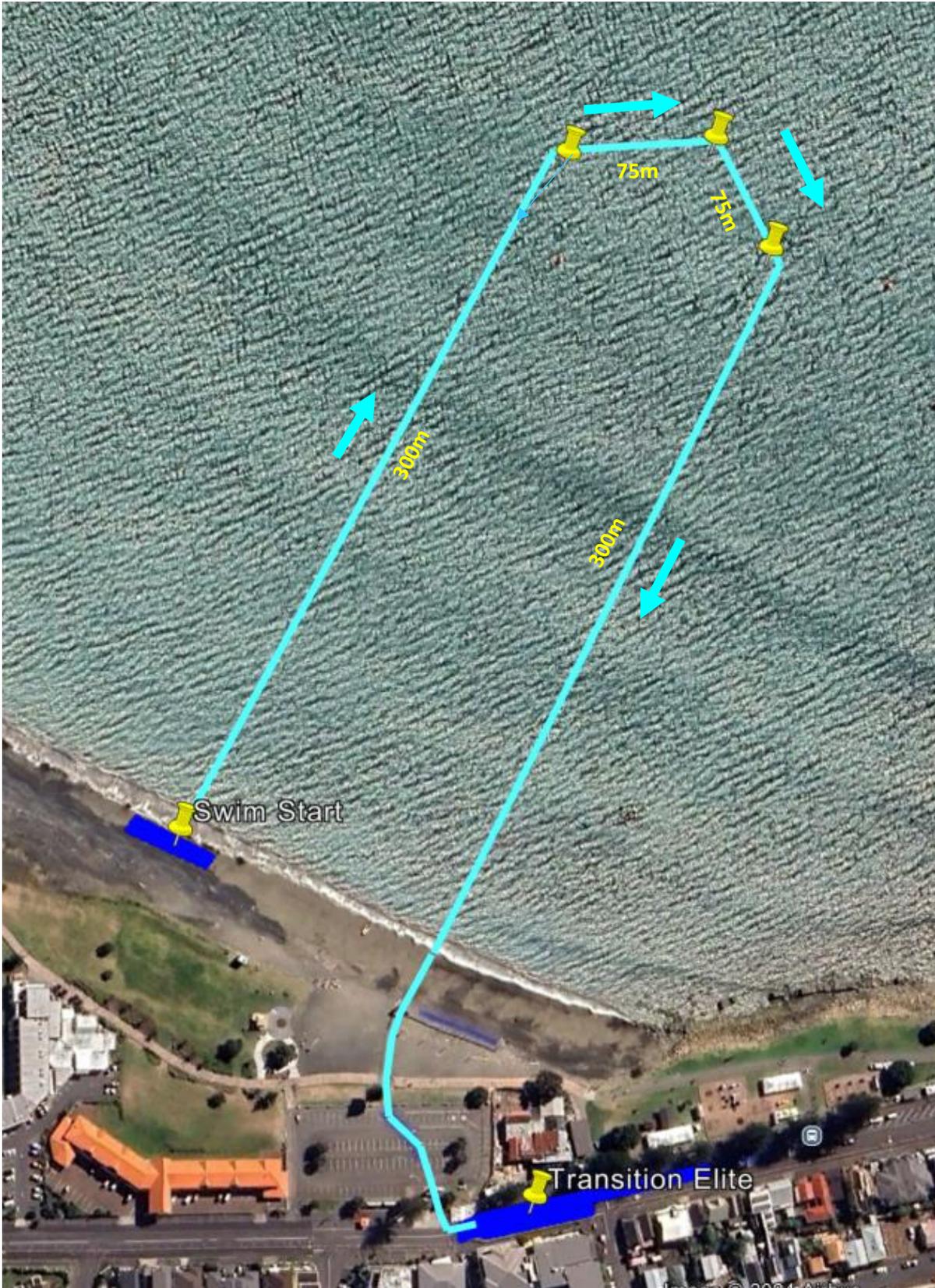




# Age Group Swim Course

750m – 1 lap Clockwise



# Cycle Course Sprint - Age Group - 20km – 4x 5km Laps





## Run Course Age Group

5km – 2 laps of 2.5km

Clockwise (left onto boardwalk after exiting transition)

