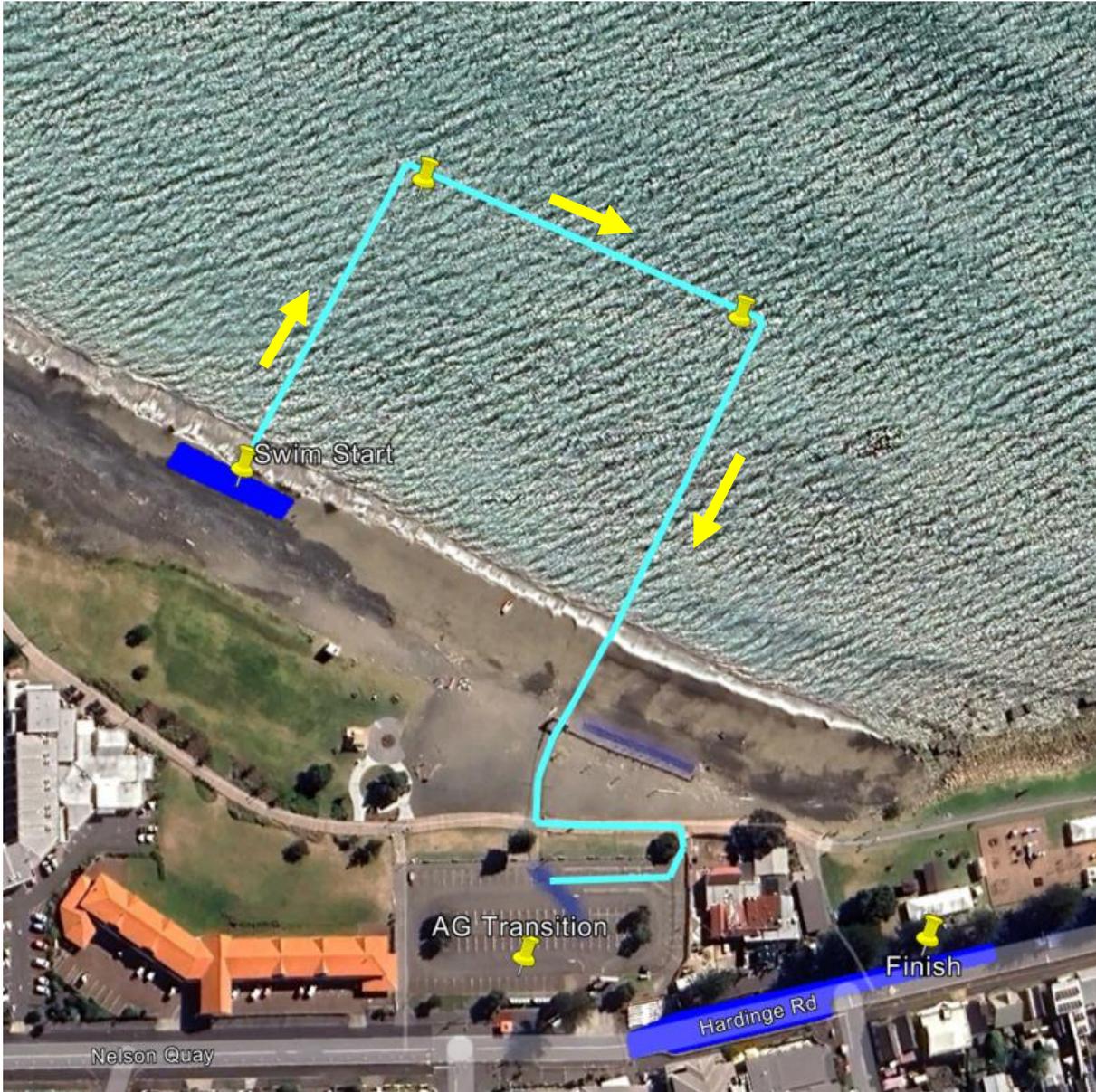# Swim Course – Tri-er – 300m – 1 lap Clockwise

Cycle Course – Tri-er - 10km – 2x 5km Laps

Run Course Tri-er

2.5km – 1 lap

Clockwise (left onto boardwalk after exiting transition)