



TRIATHLON – SHORT

- RUN 3km 1 lap of course
- CYCLE 10km Out along Tarata Road, turn around on Bristol Road & back along Tarata Road to transition
- SWIM 100m (4 lanes x 25m)

TRIATHLON – LONG

- RUN 6km 2 laps of course
- CYCLE 19km 1 lap along Tarata Road/Kaimata Nth Road/Bristol Road/Tarata Road
- SWIM 300m (6 lanes x 50m)

DUATHLON – SHORT

- RUN 3km 1 lap of course
- CYCLE 10km Out along Tarata Road, turn around on Bristol Road & back along Tarata Road to transition
- RUN 1.5km Out & back

DUATHLON – LONG

- RUN 6km 2 laps of course
- CYCLE 19km 1 lap along Tarata Road/Kaimata Nth Road/Bristol Road/Tarata Road
- RUN 1.5km Out & back

