



START/FINISH
Registration and
Transition here

1 km run
turn around
2 km run
turn around

TRIATHLON – SHORT

- SWIM 250m
- CYCLE 10k Out & back along Tariki Road
- RUN 2km Out & back once, from Lake to Mana Rd

TRIATHLON – LONG

- SWIM 500M
- CYCLE 20k Out & back twice along Tariki Road
- RUN 4km Out & back twice, from Lake to Mana Rd

DUATHLON – SHORT

- RUN 1km 500m toward Mana Rd & return
- CYCLE 10k Out & back along Tariki Road
- RUN 2km Out & back once from Lake to Mana Rd

DUATHLON – LONG

- RUN 2km Out & back once, from Lake to Mana Rd
- CYCLE 20k Out & back twice along Tariki Road
- RUN 4km Out & back twice from Lake to Mana Rd