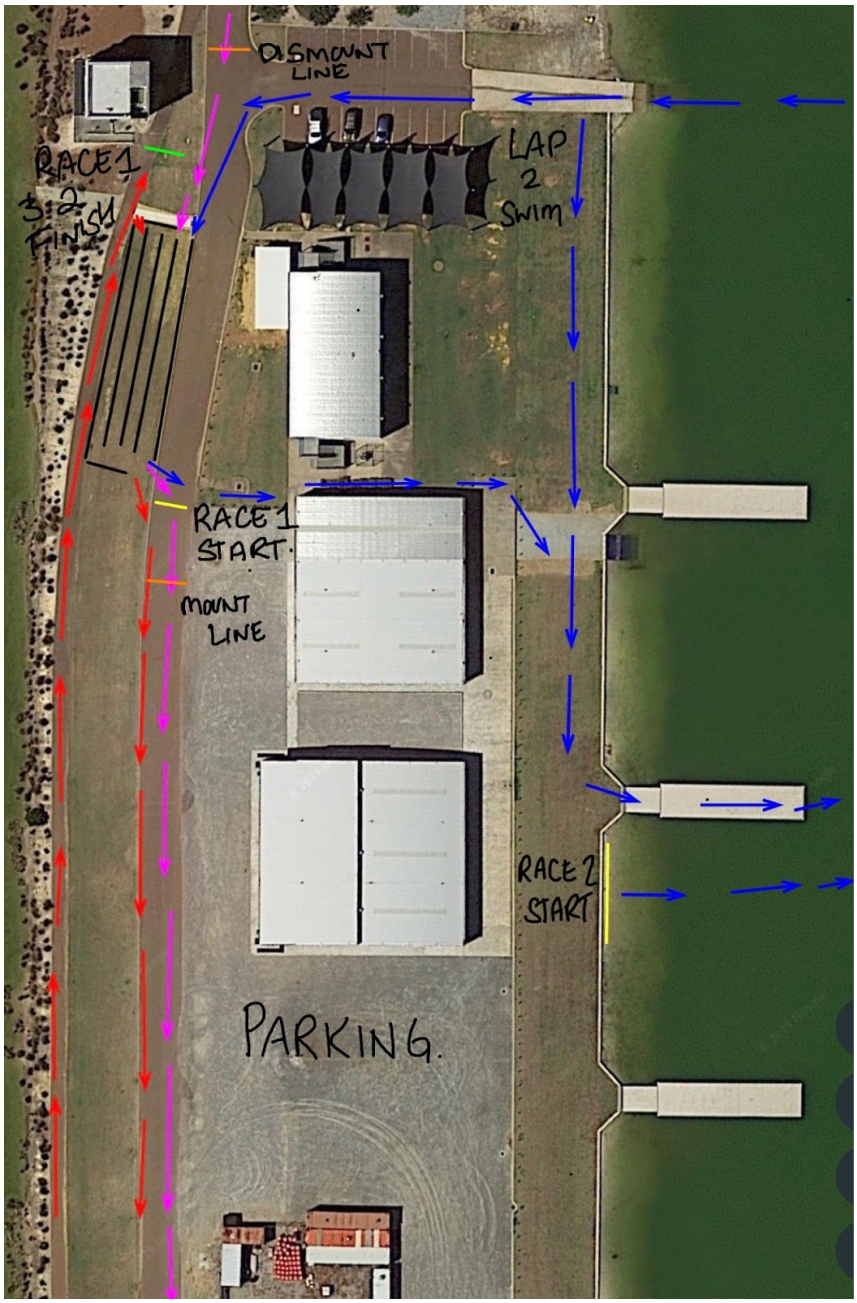
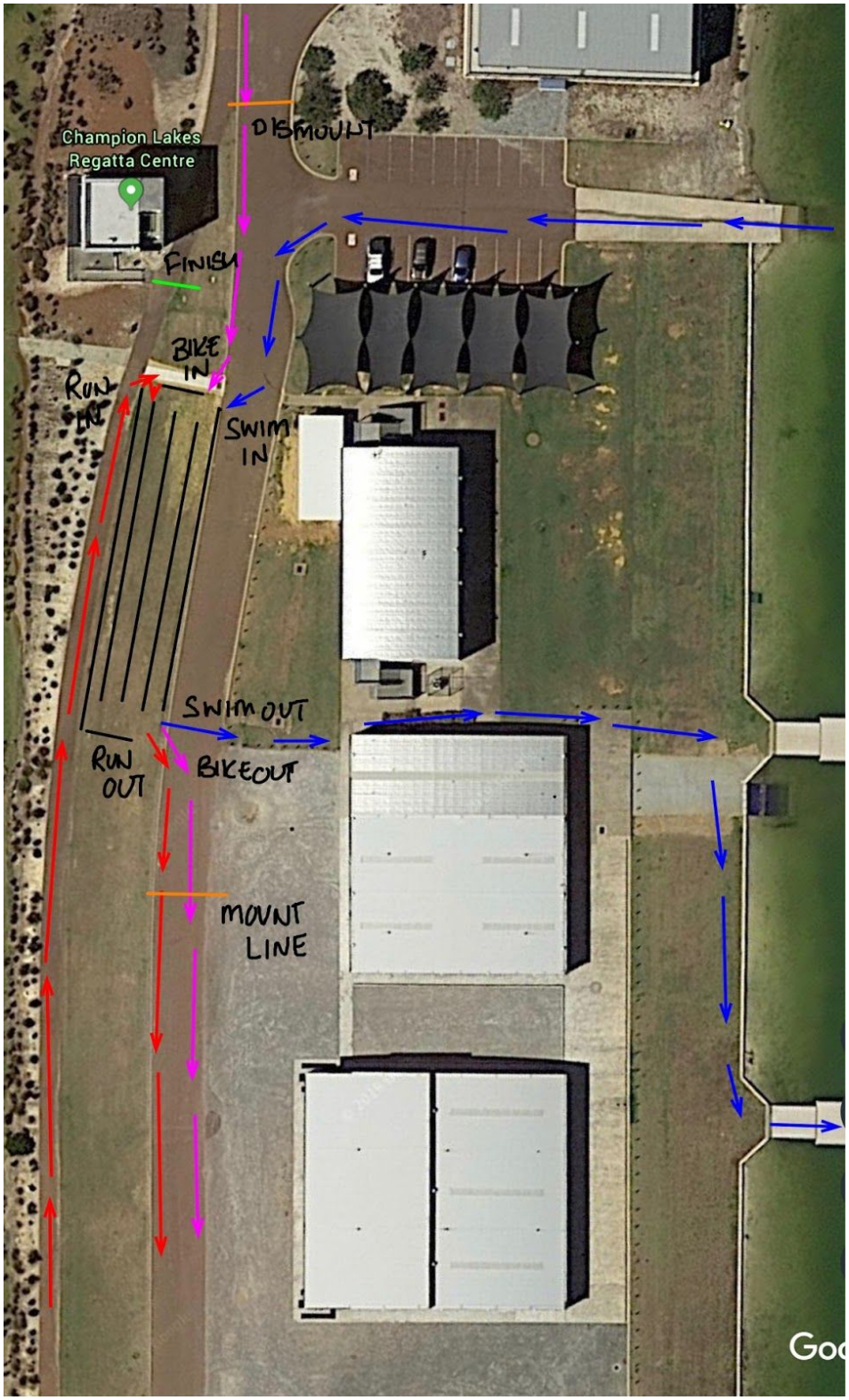
RACE 1 - ENDRO
Race 1 will be 2 continuous races but with a difference.

RUN 1.5km, BIKE 7km, SWIM 300m, SWIM 300m, BIKE 7km and RUN 1.5km.
The race starts with a run, athletes then head out on the bike before heading to the water for a double swim, lap one of the swim athletes enter from pontoon or beach exit the boat ramp and run along grass before entering back into the water from the beach or pontoon for the start of the second lap, after the second lap is completed athletes head to transition and back out on the bike and then coming off the bike and finishing with a run, finish line is located under tower on path for both races.



TRANSITION

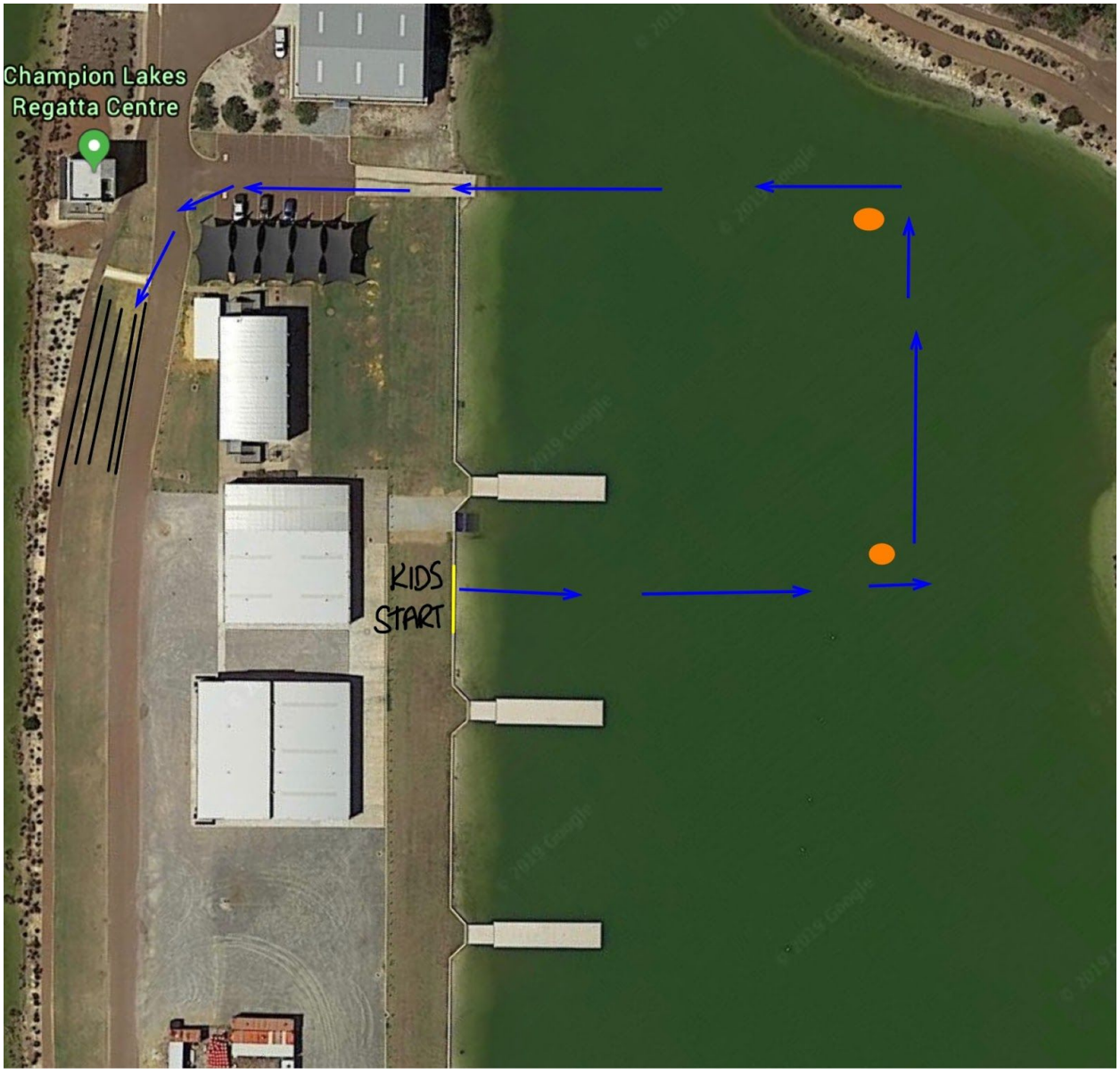

Champion Lakes
Regatta Centre
DISMOUNT
FINISH
BIKE
IN
RUN
IN
SWIM
IN
SWIM OUT
RUN
OUT
BIKE OUT
MOUNT
LINE

RACE 2
SWIM, BIKE, RUN
Race 2 is just a traditional swim bike run of 300m, 7km and run finish of 1.5km

SWIM COURSE

BIKE COURSE

RUN COURSE

Out on road and back on path

MINI MARVEL SWIM - 200 meters
BIKE 7km AND RUN 1.5km SAME AS MAIN RACE