

Tristart

Run 1 – 400m
1 red loop
out and back



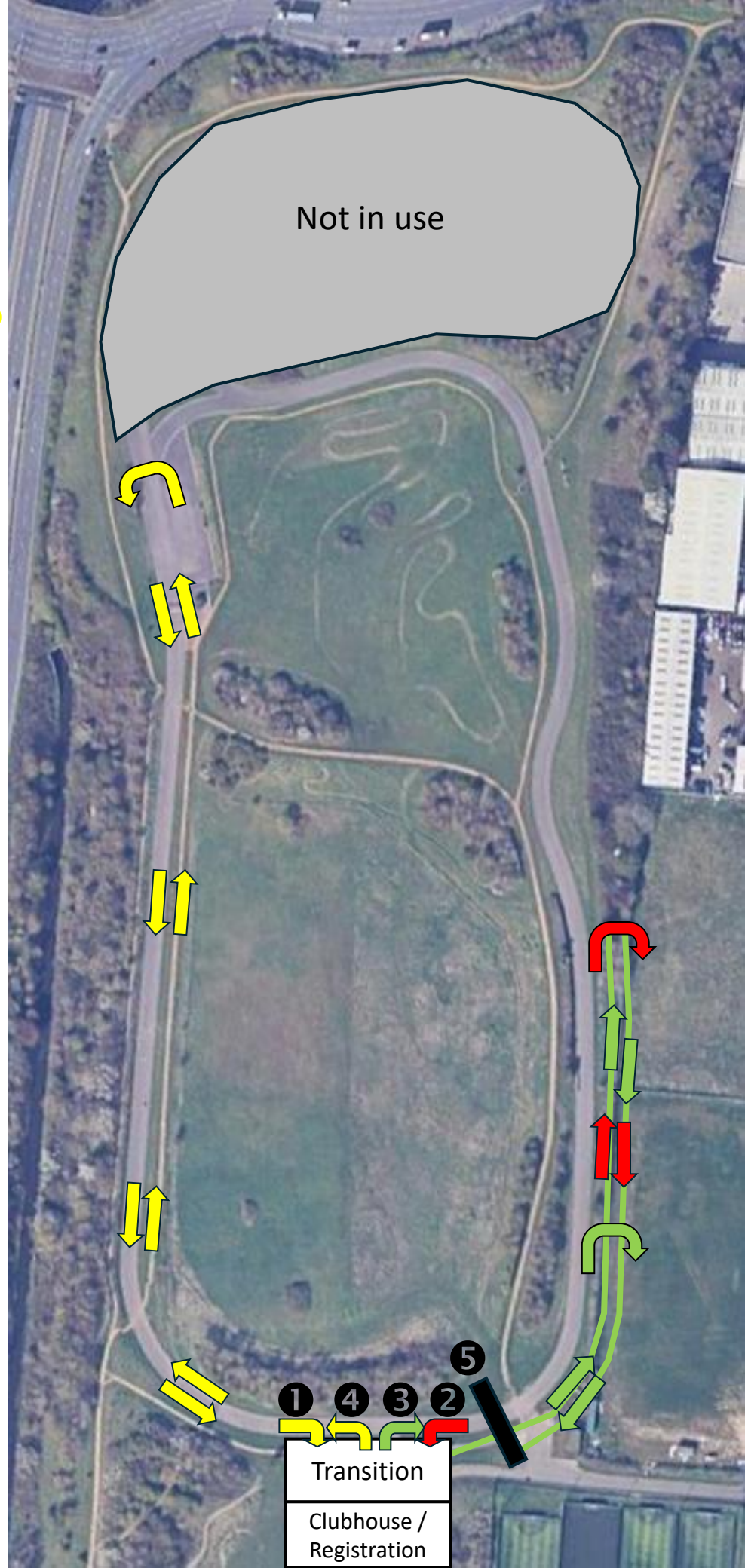
Bike – 1.5km
2 yellow loops
out and back



Run 2 – 200m
1 green loop
out and back



- 1 Bike in
- 2 Run in (Run 1)
- 3 Run out (Run 2)
- 4 Bike out
- 5 Start/Finish line



Tristar 1

Run 1 – 800m
1 red loop
out and back



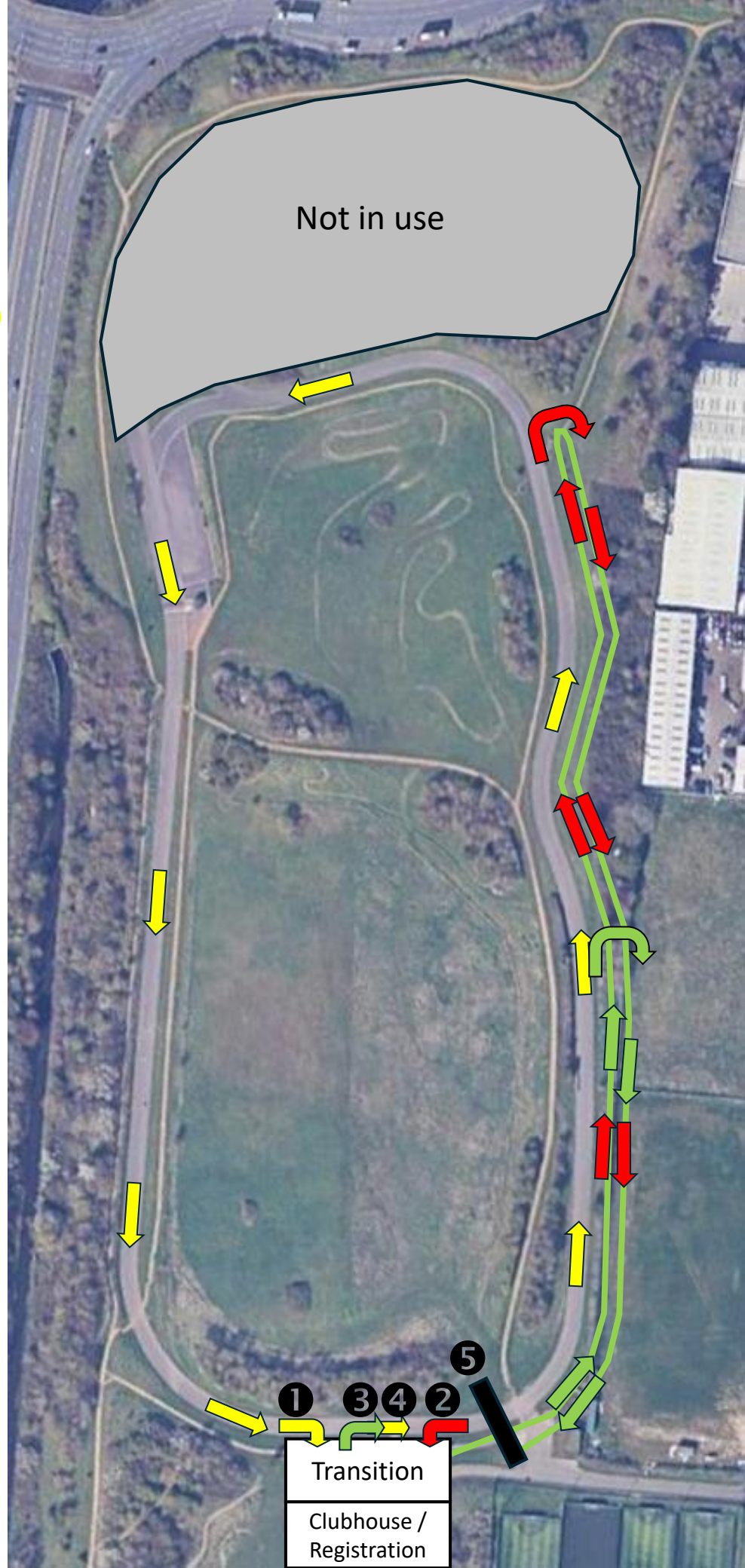
Bike – 4km
4 laps – yellow loop
anticlockwise



Run 2 – 400m
1 green loop
out and back



- 1** Bike in
- 2** Run in (Run 1)
- 3** Run out (Run 2)
- 4** Bike out
- 5** Start/Finish line



Transition
Clubhouse /
Registration

Tristar 2

Run 1 – 1km
1 lap - red loop
anticlockwise



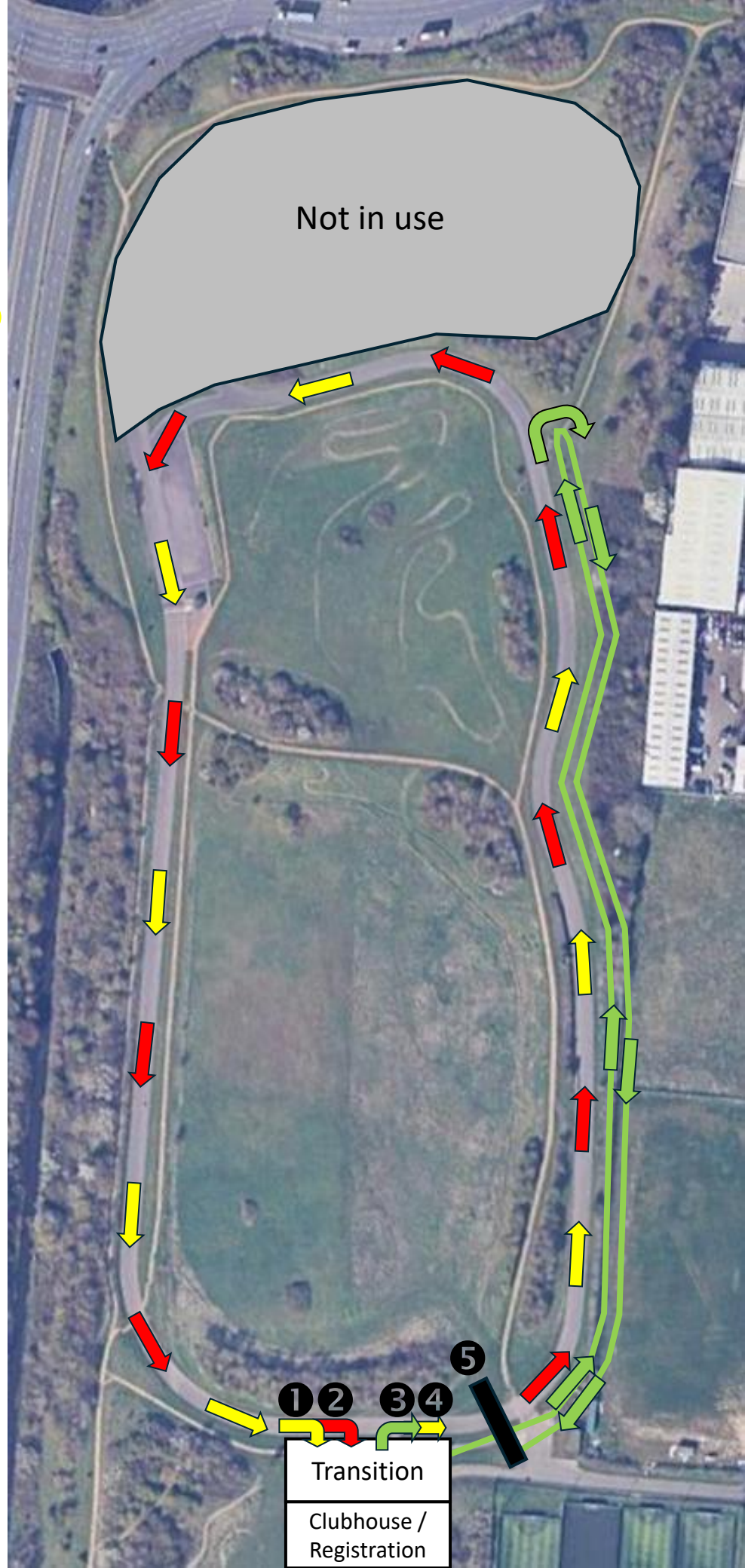
Bike – 6km
6 laps – yellow loop
anticlockwise



Run 2 – 800m
1 green loop out
and back



- 1 Bike in
- 2 Run in (Run 1)
- 3 Run out (Run 2)
- 4 Bike out
- 5 Start/Finish line



Tristar 3

Run 1 – 2km
2 laps - red loop
anticlockwise



Bike – 7km
7 laps – yellow loop
anticlockwise



Run 2 – 800m
1 green loop out
and back



- 1 Bike in
- 2 Run in (Run 1)
- 3 Run out (Run 2)
- 4 Bike out
- 5 Start/Finish line



Not in use

Transition
Clubhouse /
Registration

Youth

Run 1 – 2km
2 laps - red loop
anticlockwise



Bike – 10km
10 laps – yellow loop
anticlockwise



Run 2 – 1km
1 green loop out
and back



- 1 Bike in
- 2 Run in (Run 1)
- 3 Run out (Run 2)
- 4 Bike out
- 5 Start/Finish line

