

AXA XL – Swim Course

(750 meters each lap)

Sprint – 750m – One Lap

Olympic 1,500m – Two laps



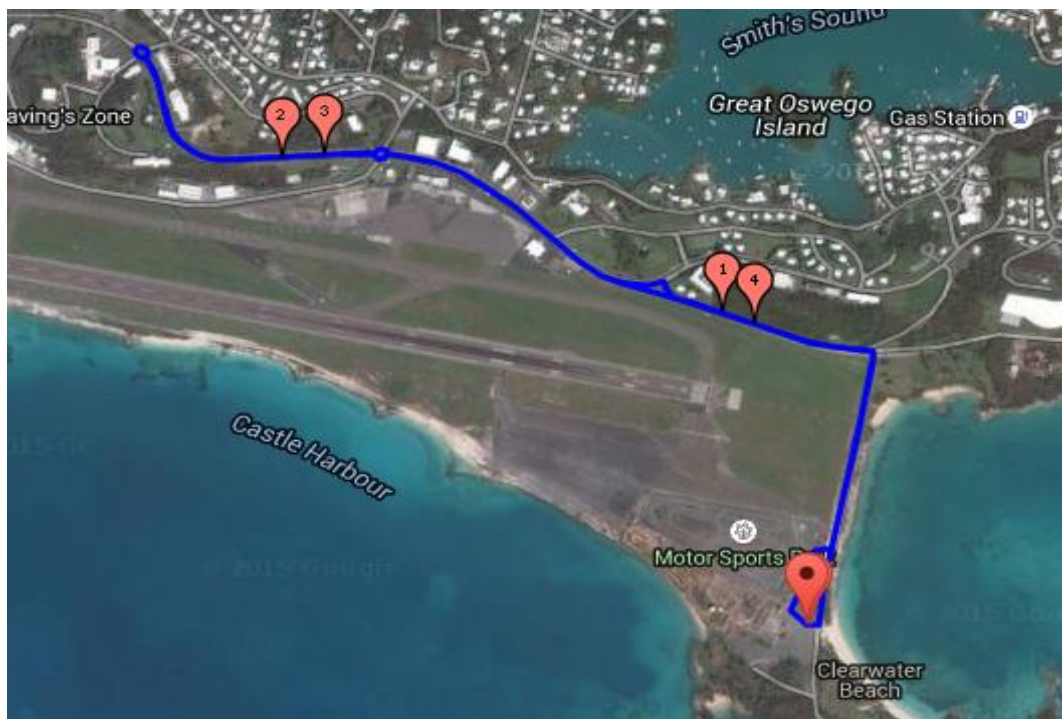
AXA XL – Bike Course

Olympic Bike Course – 40km

- The course will consist of 8 out and back 5 km laps. Starting from transition, left past the fire station, up the hill toward Carter House and turning at the traffic circle.

Sprint Bike Course – 20km

- The course will consist of 4 out and back 5 km laps



AXA XL – Run Course

Olympic Run Course – 10km

4 laps – 2.5km per lap

- Runners will exit transition, bearing right into Cooper Island Nature Reserve, following the marked course to the turn-around. Runners will then keep right exiting Cooper's Island by Turtle Bay and following the road back to the turnaround near transition.

Sprint Run Course – 10km

- 2 laps – 2.5km per lap

