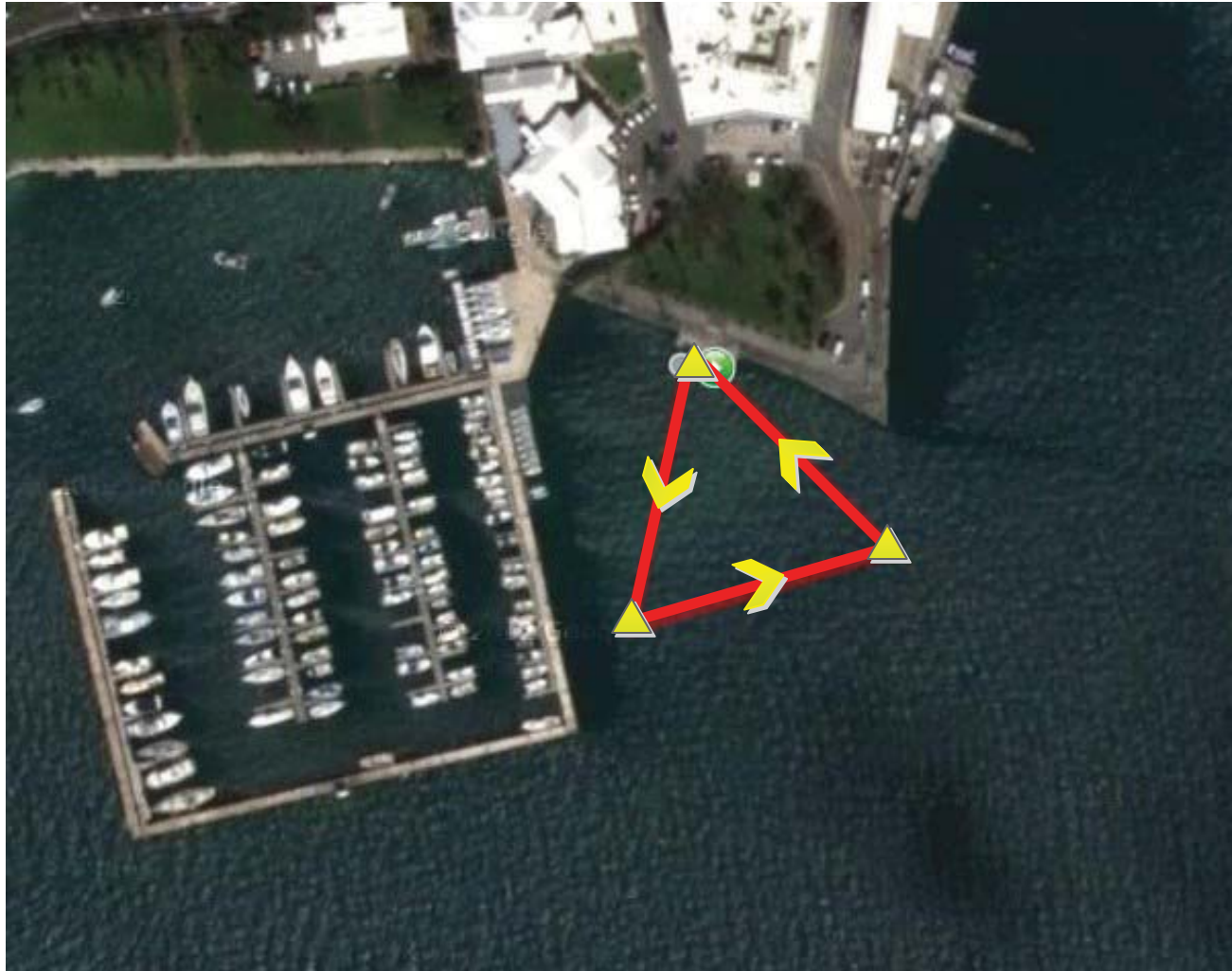


# SWIM

Try a Tri/School Challenge



Distance: 200m

**\*Keep buoys to your LEFT\***

Distance: 8KM

# BIKE

2 Laps

Try a Tri/School Challenge



Course Description:

Out of transition, left on Pitts Bay Rd, right up Woodbourne Ave, right on Gorham Rd, right down Bermudiana Rd, left onto Front St, continuing down to East Broadway, turnaround just before roundabout, back along East Broadway, continuing on Front St back to start.

Course Notes

- CLOCKWISE Direction
- Keep Left
- NO Drafting
- HELMET REQUIRED



Distance: 5 KM

# RUN

1 Laps

Senior Individual/Team

