

BANK OF BUTTERFIELD - Triathlon 2021

ADULT SWIM COURSE

OLYMPIC-DISTANCE: 1500m (2 laps)

SPRINT-DISTANCE: 750m (1 lap)



BANK OF BUTTERFIELD – Olympic-Distance National Championship Triathlon 2021

BIKE COURSE

ADULT OLYMPIC-DISTANCE: 40km (8 loops out and back)

ADULT SPRINT-DISTANCE: 20km (4 loops out and back)

- Turnaround is at the 'Whites' roundabout
- Out lap uses pedestrian path on Southside Rd. Return same route via road.



BANK OF BUTTERFIELD –Triathlon 2021

JUNIOR 13-15 Years – 2.5 km (1 loop) RUN COURSE

ADULT – 10km (4 loops) – RUN COURSE

ADULT – 5km (2 loops) – RUN COURSE

- Turn left immediately out of transition to green turnaround cone. Path heads off out of transition on the left hand side of the road towards Cooper's Island. Turn around the cone well within Cooper's Island at the top of the second hill and return on the left. At a fork in the path take a left in to the nature reserve and follow the path adjacent to Castle Harbour. Take a left when the path meets the road. Head towards transition.
- JUNIORS 13-15 Run to the Finish Chute. ADULTS Run to the green turnaround cone for the end of 1st lap. At the end of 2nd lap take a left into the finish chute.

