

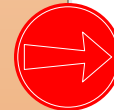
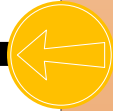
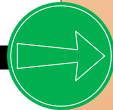
TRANSITION AREA

Senior Individual/Team/Try-a-Tri/School Triathlon Challenge

FRONT STREET

HSBC 

Transition Area



Albouy's Point

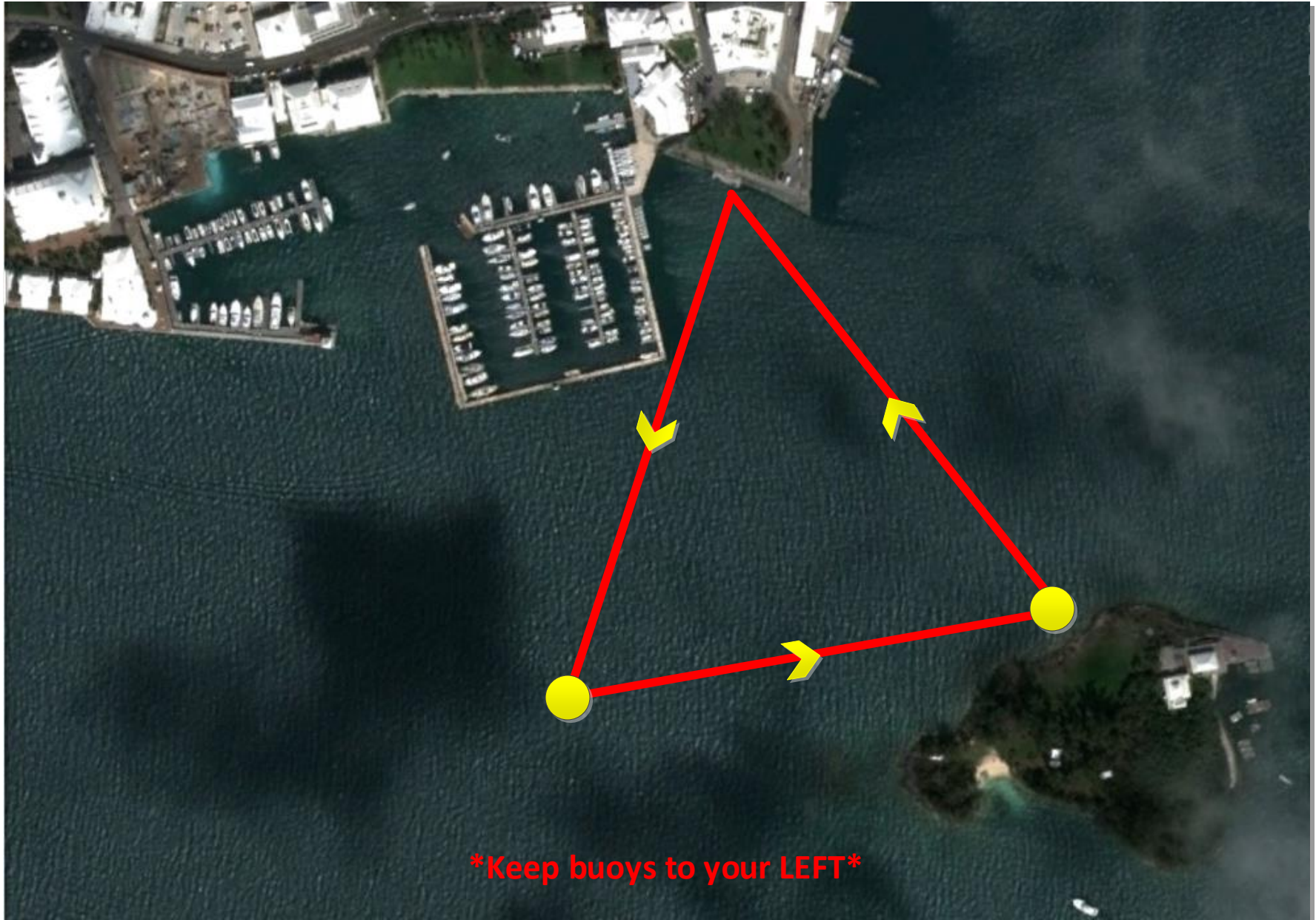


LEGEND

-  SWIM IN
-  BIKE OUT
-  BIKE IN
-  RUN OUT

SWIM

Senior Individual/Team



Keep buoys to your LEFT

Distance: 750m

Distance: 20KM

BIKE

5 Laps

Senior Individual/Team



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

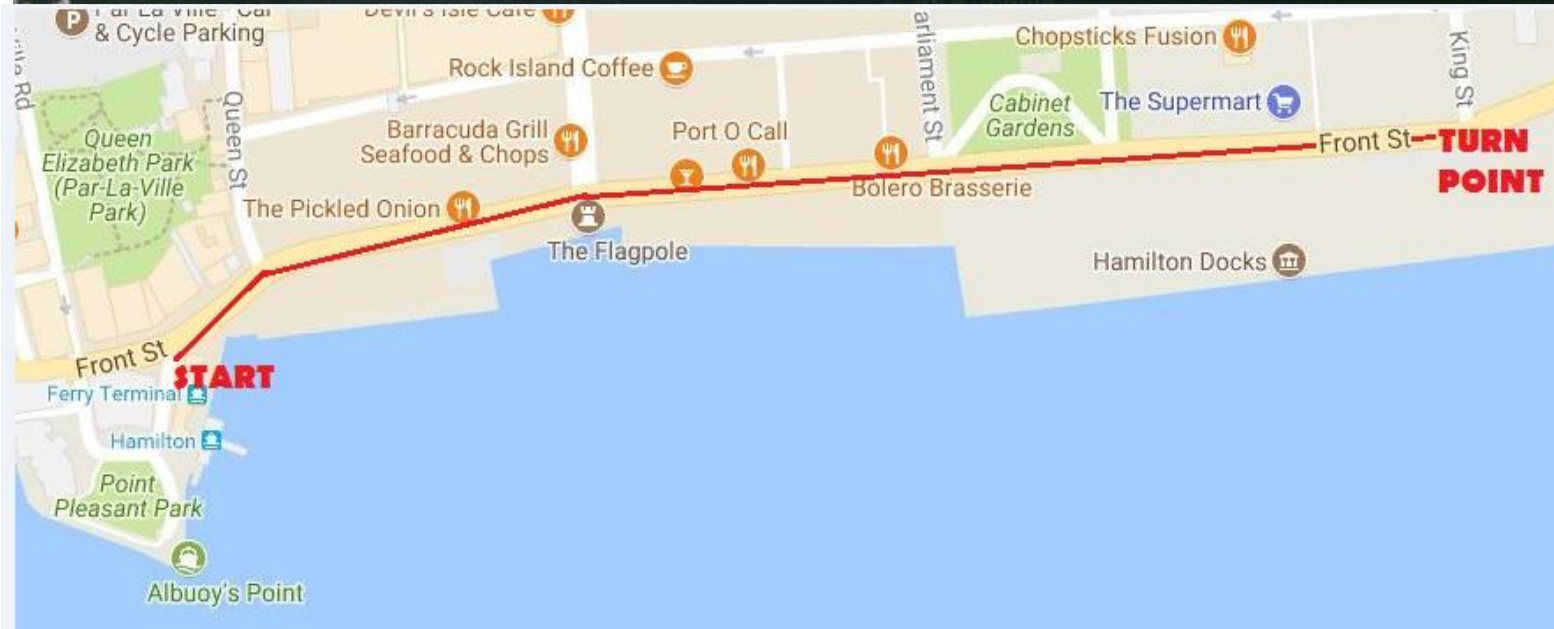
- CLOCKWISE Direction
- Keep Left
- NO Drafting
- HELMET REQUIRED

Distance: 5 KM

RUN

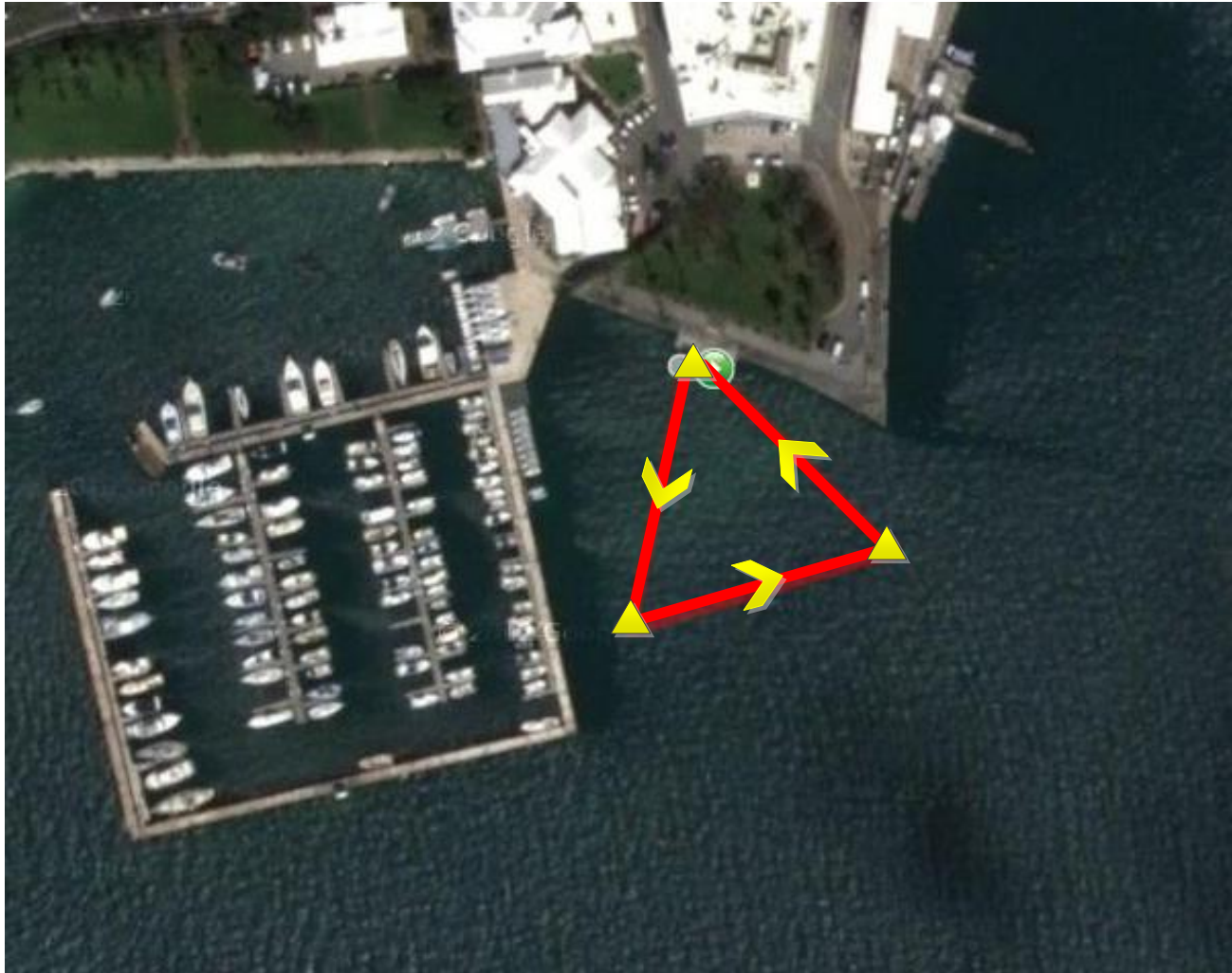
3 Laps

Senior Individual/Team



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

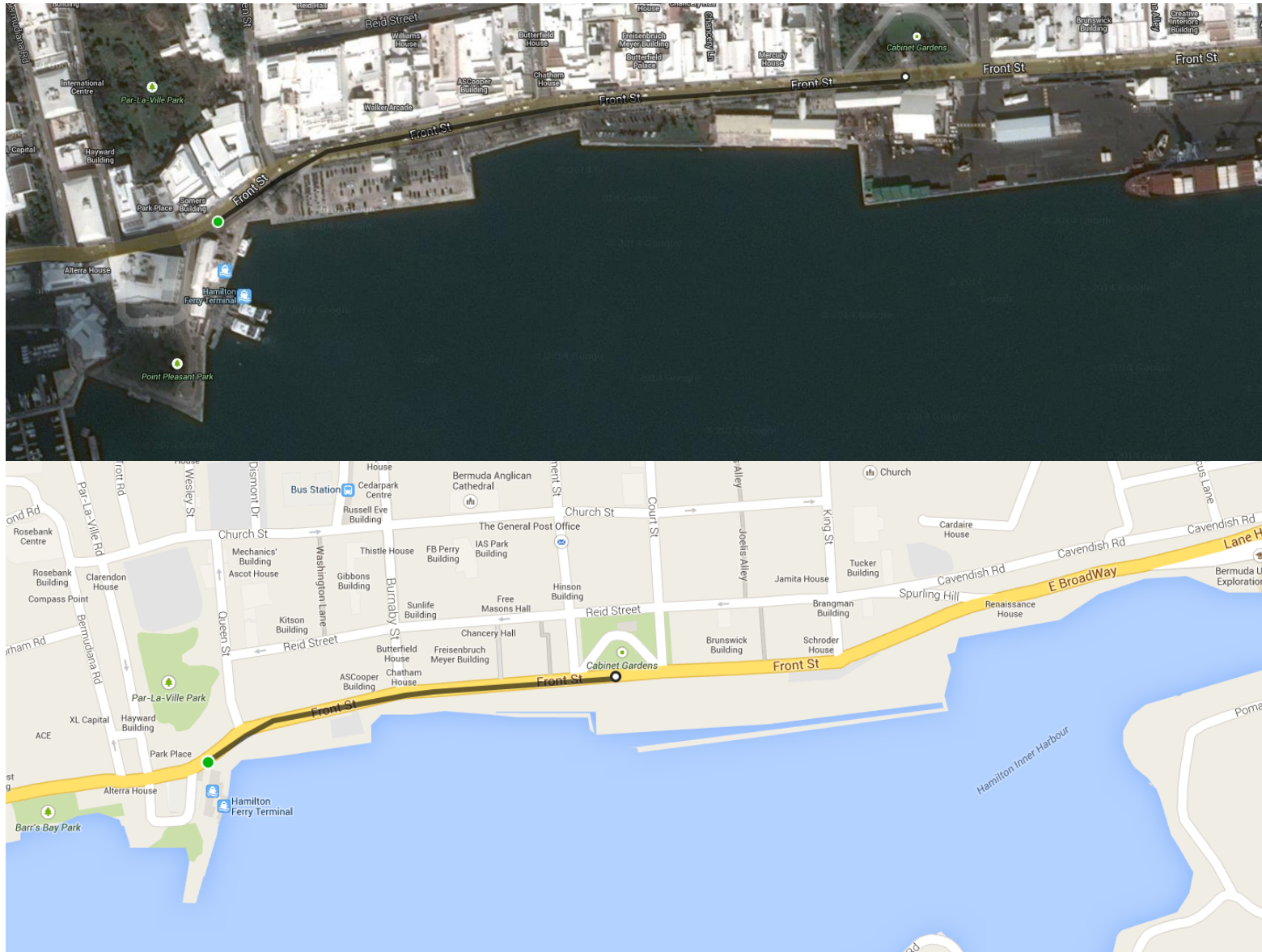
CLOCKWISE Direction
Keep Left
NO Drafting
HELMET REQUIRED

Distance: 2KM

RUN

2 Laps

Try a Tri/School Challenge

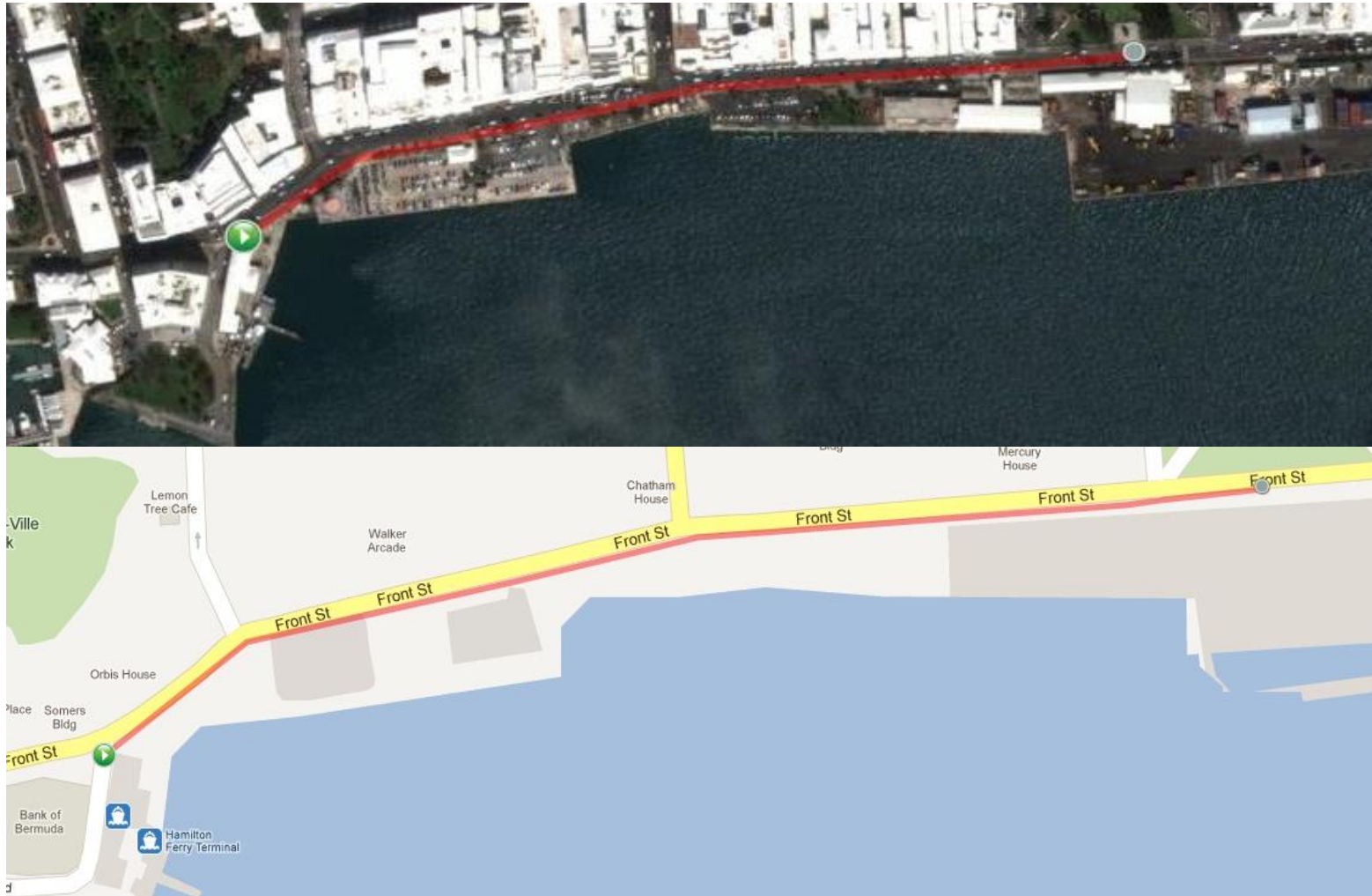


Boys + Girls 7-10 = 1KM
Boys + Girls 11-14 = 2KM

RUN

Junior

Boys + Girls 7-10 = 1 Laps
Boys + Girls 11-14 = 2 Laps



Boys + Girls 7-10 = 4KM
Boys + Girls 11-14 = 8KM

BIKE

Junior

Boys + Girls 7-10 = 1 Laps
Boys + Girls 11-14 = 2 Laps



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

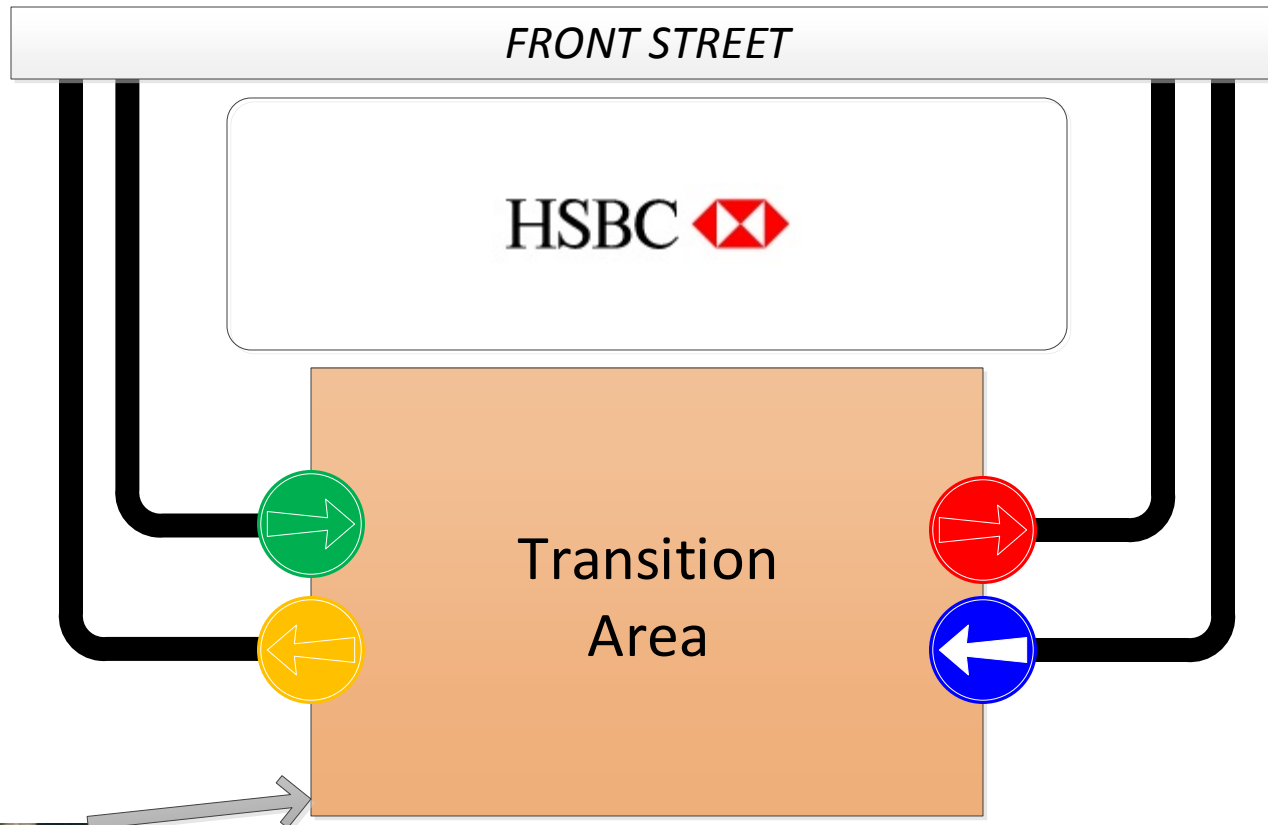
Keep Left

NO Drafting

HELMET REQUIRED

TRANSITION AREA

Junior Duathlon



Albuoy's Point



LEGEND

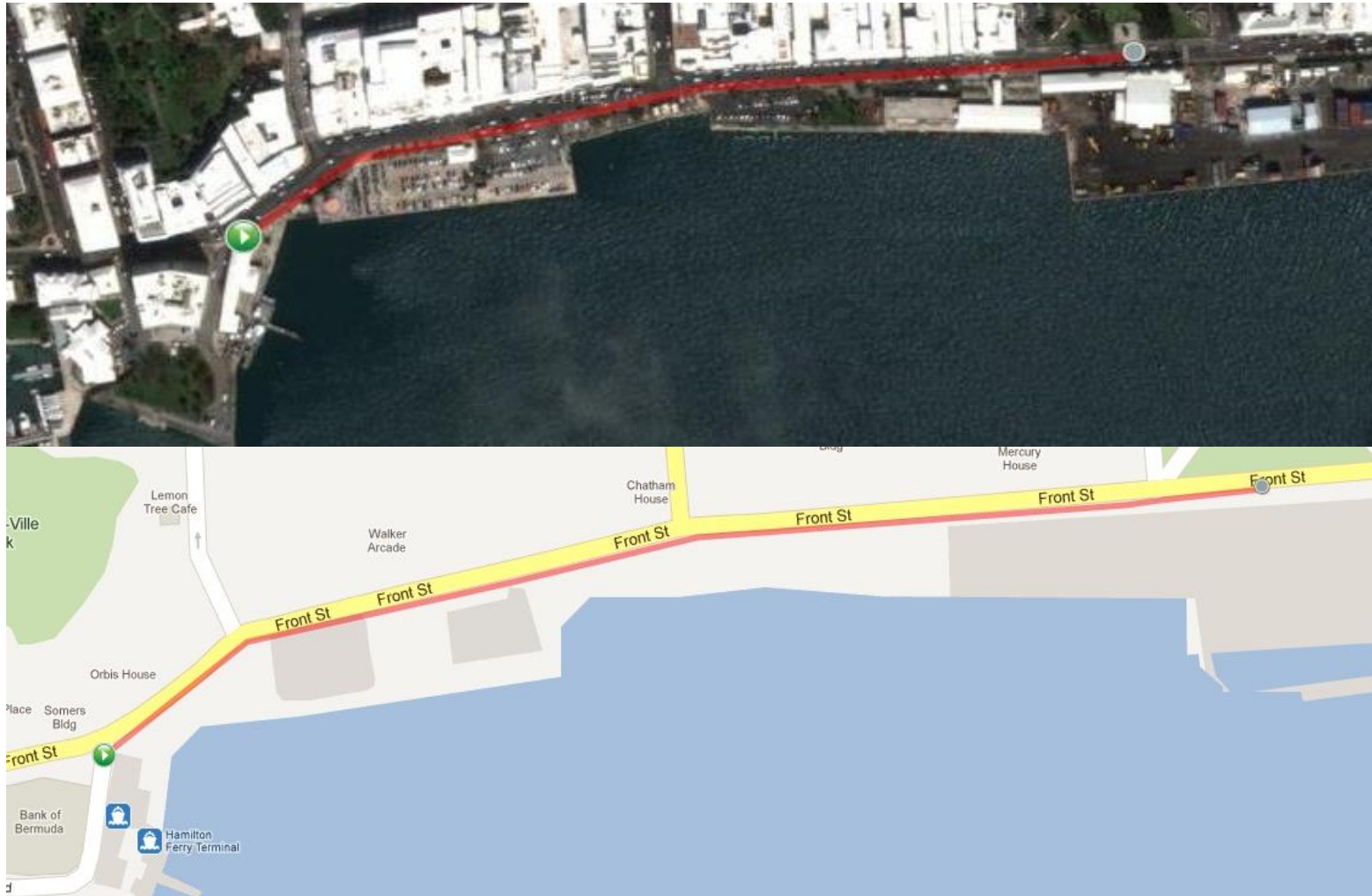
- RUN IN
- BIKE OUT
- BIKE IN
- RUN OUT

Total Distance per run: 2KM

RUN

2 Laps per run

School Duathlon Challenge



Total Distance = 8KM

BIKE

2 Laps

School Duathlon 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

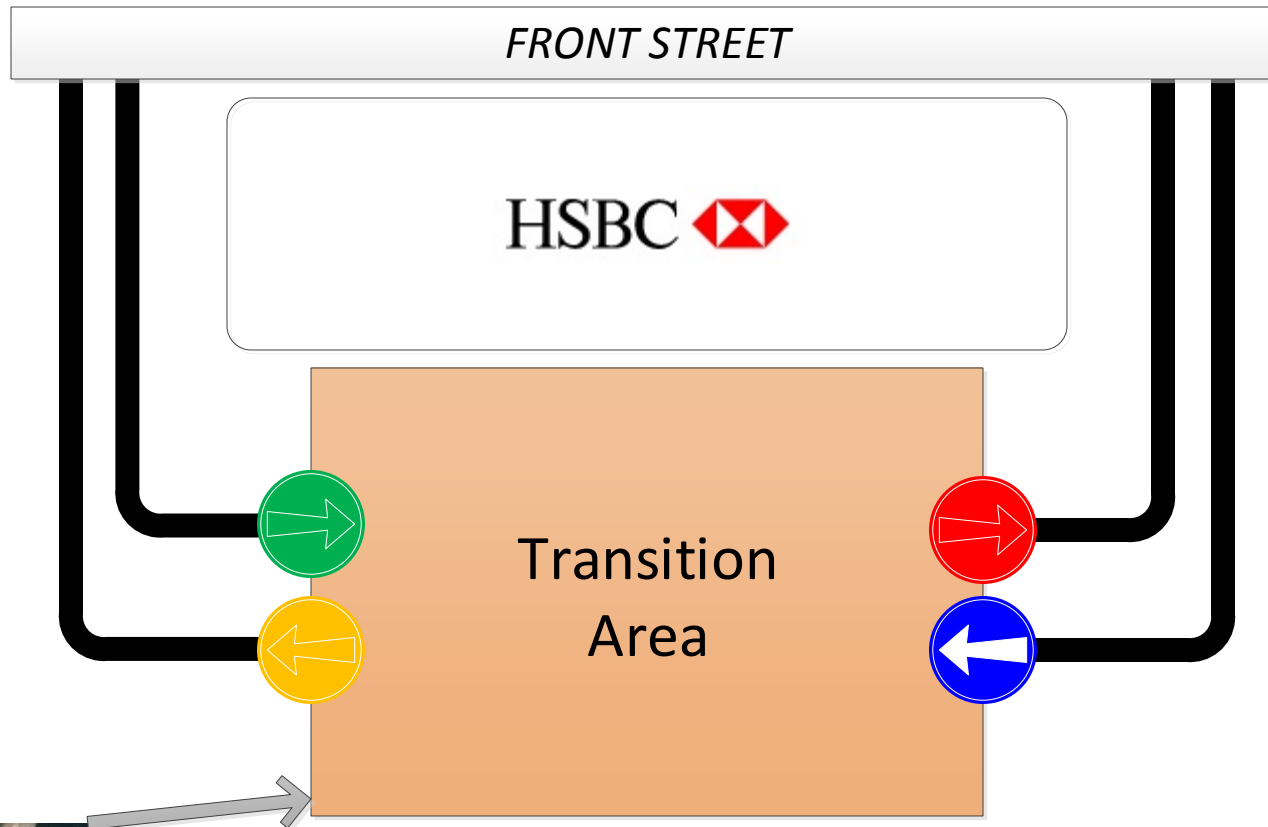
Keep Left

NO Drafting

HELMET REQUIRED

TRANSITION AREA

School Duathlon Challenge



Albuoy's Point



LEGEND

-  RUN IN
-  BIKE OUT
-  BIKE IN
-  RUN OUT

Distance: 2KM

RUN

2 Laps

Try a Tri/School Challenge

