

EXSS Sprint Triathlon Course

Sprint: 750m / 20k / 5k



Swim Course

Sprint athletes will commence in ankle deep water in front of transition area. Swim away from the lake and turn right at the yellow buoy. Swim south using the yellow buoy as a sighter and down to the pink buoy and making a left hand turn. Swim away from the island and turn left at the pink buoy, using the yellow buoy as a sighter. Return to the boat ramp and exit the water.



Transition Flow

At the end of the swim athletes will run up the boat ramp and turn left to enter transition area, transition area will always flow in a southerly direction. Athletes collect their bikes and travel south to exit transition and commence their bike leg.

Bike Course

Once mounting the bike athletes exit the island. Once over the main bridge athletes make a left turn on the first event path and ride along the event path back to the pedestrian bridge, at this point they veer right onto the event road and follow the road around the lake and down the back straight. At the bottom end of the lake athletes will veer left back onto the event path and wind their way back to the main bridge. **At the bridge all athletes are to turn left** and ride back to transition area, ride past the turn to transition and continue to the end of the road completing a right hand turn and then U-Turn to come back on the road and past the mount line. At the end of their allotted bike laps, athletes will dismount their bike at the U-Turn and enter transition the same way they did for their first run.

Sprint Athletes: 3 Laps



Transition 2

Athletes dismount their bike in the car park and enter transition, again running in a southerly direction, racking their bike and then continuing south to exit transition area. (See last map). At the end of transition athletes will make a left hand U-turn and travel alongside transition area in a northerly direction to return to the car park and commence their run.

Run Course

Athletes run over the pedestrian bridge and turn left and run along the event path, keeping right. Sprint Athletes run along the event path for 1.25km (Sprint Run Turn Sign) and U-Turn to return to transition. Sprint athletes will complete a 2nd lap of this course, turning on the main island. At the end of their 2nd lap athletes are to run past transition area along the footpath and continue through the finish chute.



Road Flow

