

## Team Relay Course Map

each team member completes

**SWIM: 200 metres, Point to Point.** Start in waist to chest deep water opposite the Start Flag and swim parallel to the shore to and around the finish buoy exit the water and run up the beach to the Transition.

**BIKE 2.5 Kilometres, 1 lap out and back:** From Transition to Mount Line then into Marina Tce then veer right into Kenrigg Rd, follow Kenrigg to turnaround just past Rodgers Place, return via Kenrigg Rd left into Marina Tce proceed to Dismount Line

**RUN 1 kilometres 1 lap anti clockwise:** Exit transition into Marina Tce, left into Mata Place, left onto marina pathway across bridge and left into Kinloch Esplanade to Finish Line.



Transition & Team Tag



Finish

