

Youth Super Sprint & Try a Tri Course Map

SWIM: 300 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 9 Kilometres, 2 laps clockwise: From Transition to Mount Line then into Marina Tce then veer right into Kinloch Rd, left into Lisland Drive, left at roundabout staying in Lisland Drive, right into Montgomery Cres, through roundabout into Lisland Drive, right into Kinloch Rd, left into Kenrigg Rd West, into Kenrigg Rd, into Kenrigg Rd East, left into Marina Tce to turnaround and repeat. At end of second lap proceed to Dismount Line

RUN 2.5 kilometres 1 lap anti clockwise: Exit transition into Marina Tce, left into Mata Place, right into Kinloch Domain (coned path), left into Kinloch Road, right into Lakemere Way, left through reserve, left into Candu Lane, left into Ogilvie Road, right into park leading to Nisbet Terrace, cross Nisbet terrace, continue on grass path to Lake front reserve, continue left onto Mata Place, right onto marina pathway across bridge and left into Kinloch Esplanade to Finish Line.

 Transition

 Finish

