



CHALLENGE – 1500M SWIM & 10KM RUN (3 LAPS SWIM & 3 LAPS RUN)
 (RUN COURSE IS: TRANSITION – A – B – A – B – A – FINISH)

SPRINT – 375M SWIM & 3.3KM RUN
 (RUN COURSE IS: TRANSITION – A – FINISH)

- A B RUN TURNING POINTS
- FA FIRST AID
- W WATER AREA
- BA BRIEFING AREA