

## CGT Triathlon Champs – 9<sup>th</sup> Feb 2014 – Course Routes

### Swim Course Routes

- **Olympic Distance –** 2 Laps (Senior Distance)



### Swim Course Routes

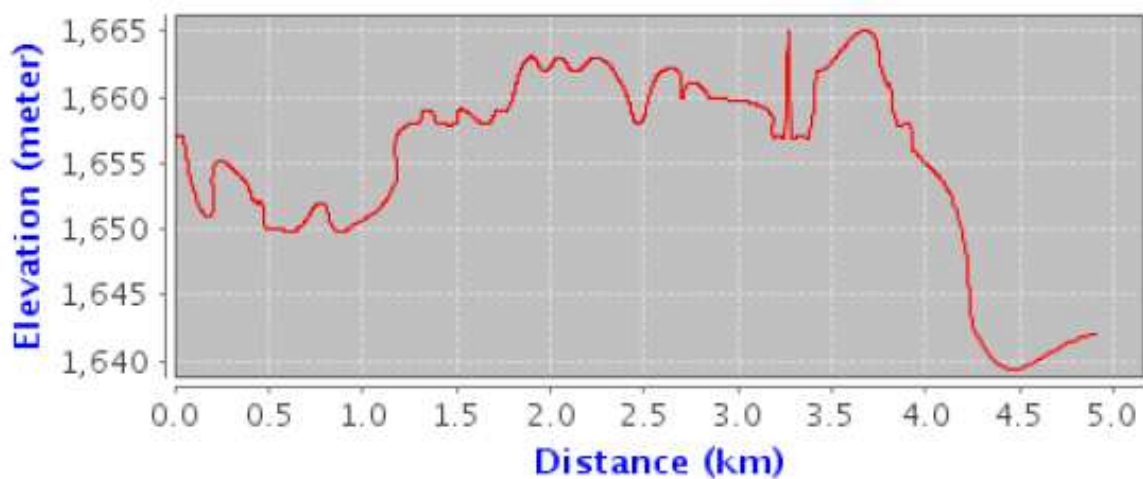
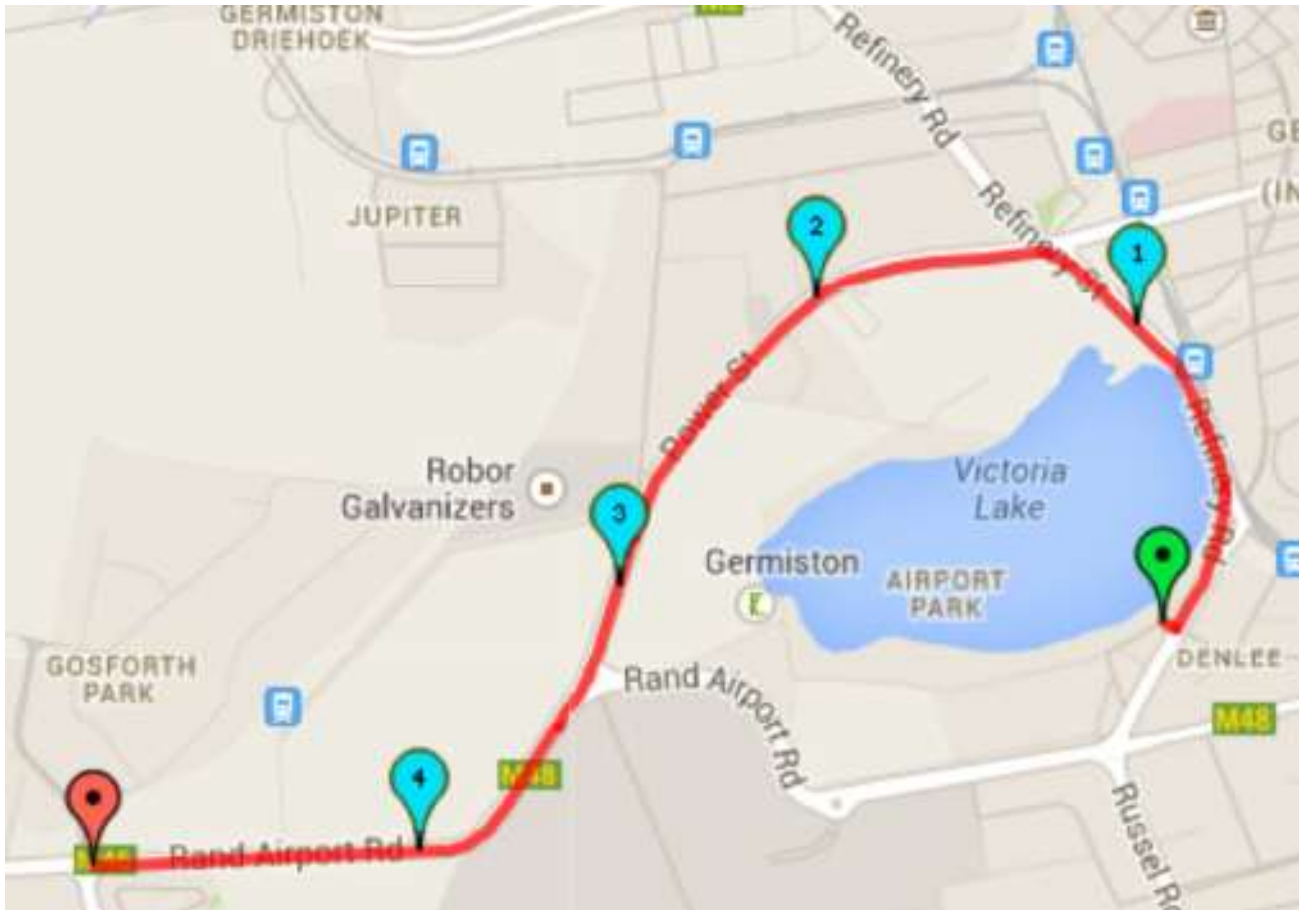
- **Sprint Distance –** 1 Laps (Junior 16 – 19 + Para Triathlon + Fun Sprint Event Distance)
- **Mini Distance –** 1 Laps (Juniors 12 – 15 Event Distance)
- **Kiddies Young Triathlon –** 1 Laps (Juniors 8 -11 Event Distance)



## Cycle Course Routes

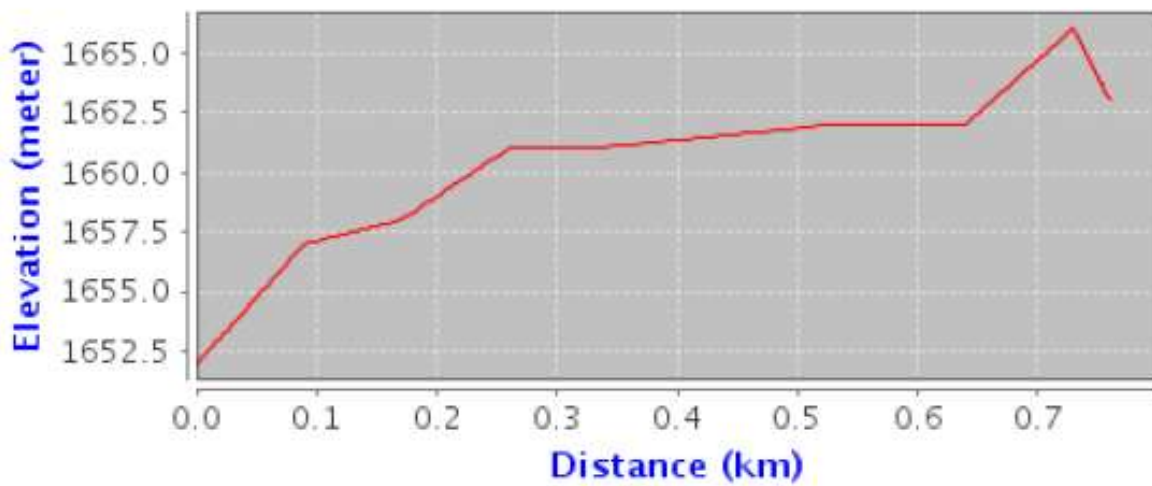
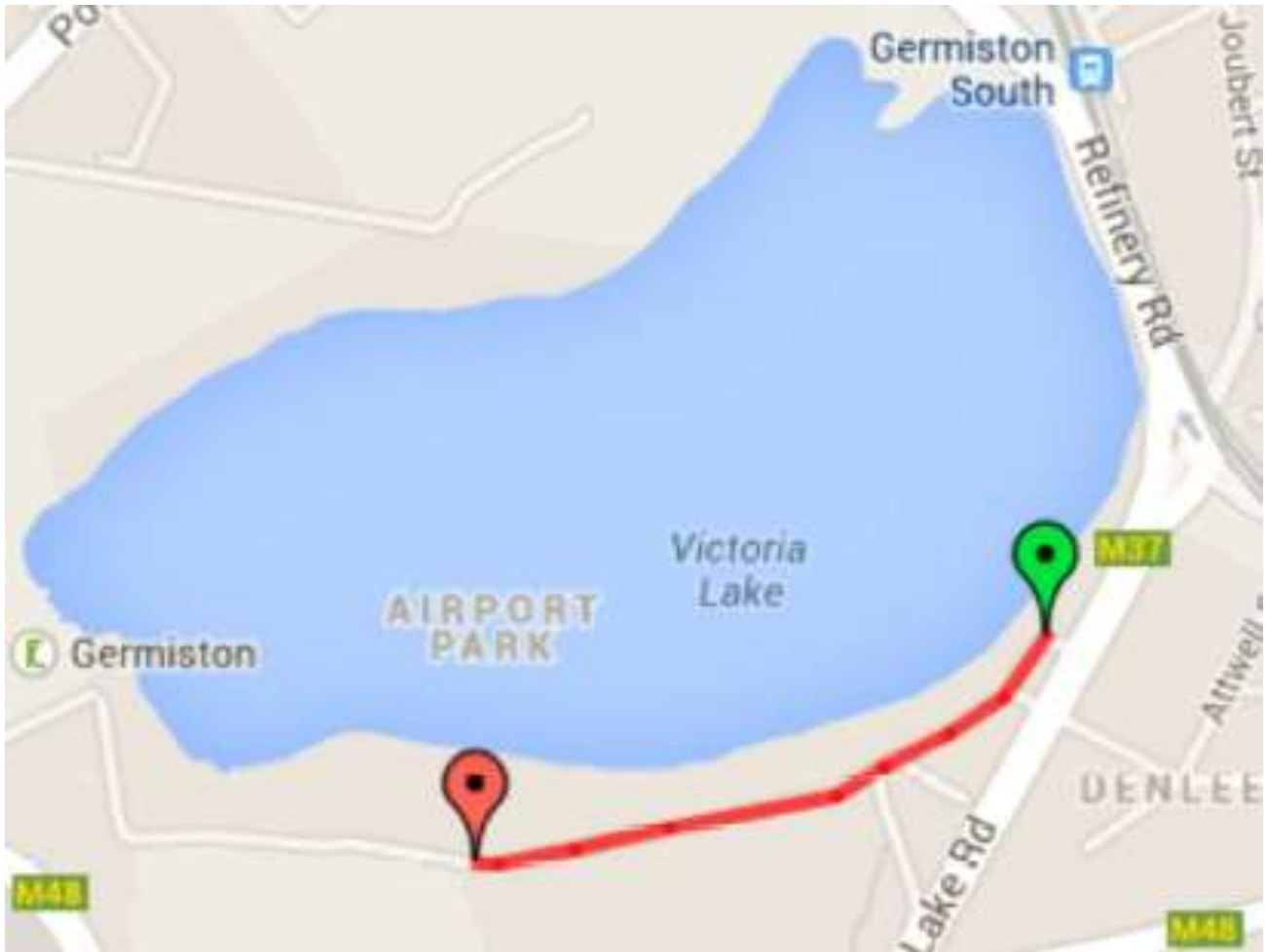
Cycle Route – 4.92 Km out and 4.92 Km back

- **Olympic Distance** – 4 Laps
- **Sprint Distance** – 2 Laps (Junior 16 – 19 + Para Triathlon + Fun Sprint Event Distance Event Distance)
- **Mini Distance** – 1 Laps (Juniors 12 – 15 Event Distance)



## Cycle Course Routes

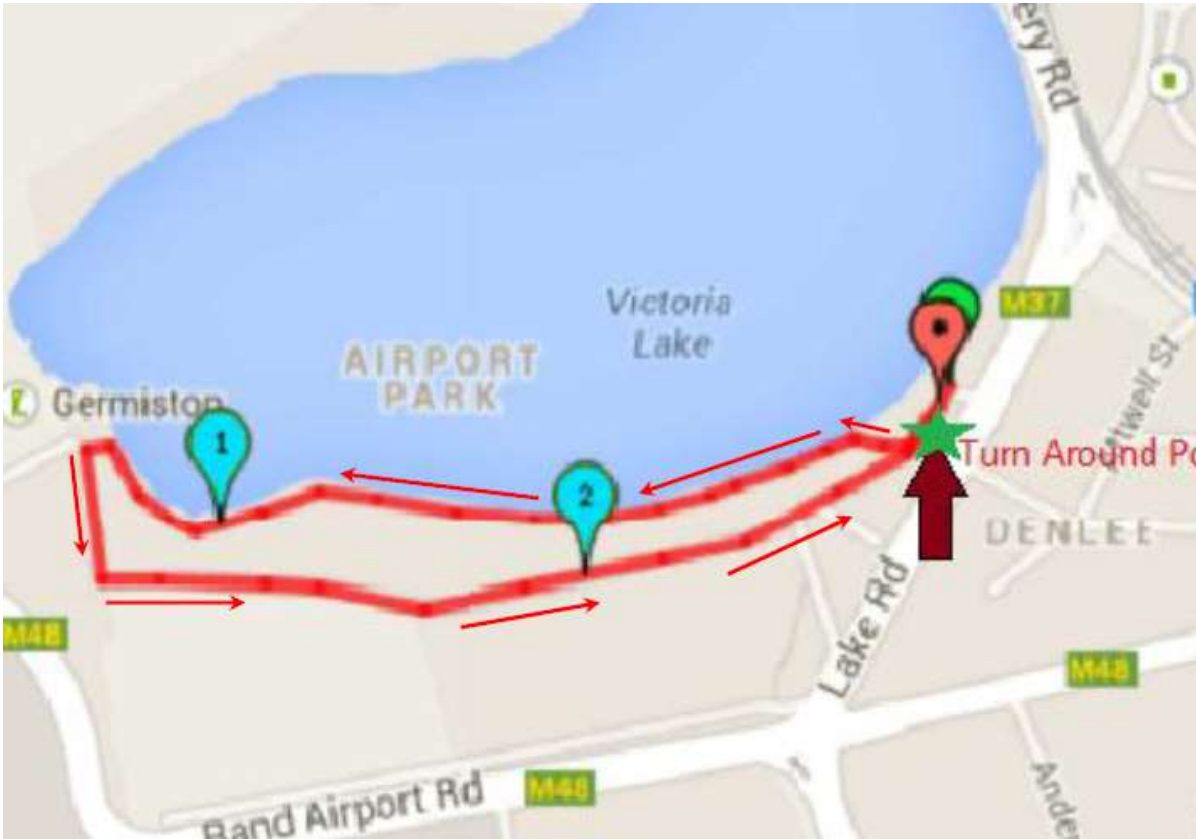
Cycle Route – Kiddies Young Triathlon - Age 8 to 11 - 0.75 Km out and 0.75 Km back



## Run Course Routes

**Run Route** – 1.25 Km out and 1.25 Km back

- **Olympic Distance** – 4 Laps
- **Sprint Distance** – 2 Laps (Junior 16 – 19 + Para Triathlon + Fun Sprint Event Distance Event Distance)
- **Mini Distance** – 1 Laps (Juniors 12 – 15 Event Distance)



**Run Route** – Kiddies Young Triathlon - Age 8 to 11 - 0.6 Km out and 0.6 Km back

