

GTC Allander Aquathlon – Run Route for Tristar 1, 2, 3, Youths & Go-Tri

Elastic Bands will be issued at Cone 3 (half way through your lap) to help you keep count how many laps you have done. The Finish Line marshals will check you have collected the right number of bands.

Tristar 1,2, 3, Youths & Go-Tri will run:

- Once around rear of Leisure Ctr to Turn Cone 1; then
- Multiple laps between Turn Cones 2 & 3: -
 - Tri 1 = 2 laps
 - Tri 2 = 3 laps
 - Tri 3, Youth & Go-Tri 5 laps;
- then;
- Proceed onwards from Turn Cone 2 to Finish Line.

Total Distances: Tri 1 = 1,500m; Tri 2 = 2,000m; Tri 3, Youth & Go-Tri = 3,000m

T = Transition

○ = Turn Cone 1, 2 or 3

