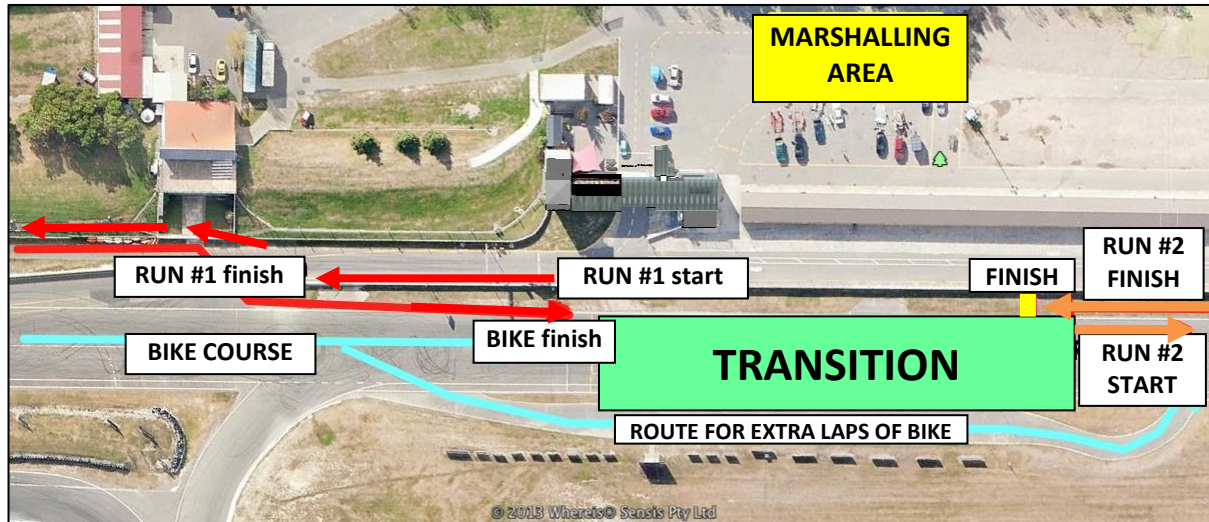


# PRIMARY SPORTS CANTERBURY DUATHLON MAPS



## COURSE DETAILS

The duathlon is run/bike/run in that order

**RUN #1**- 2km. All ages do the same course/distance.

Start – children will be assembled into age groups in the car park and proceed to the start area. The course follows alongside the race track with athletes staying to the right of cones. There is a turn point at the 1km mark. Athletes turn here and run between the cones and the track. As the athletes approach the main straight they will be directed behind the main wall and run down the footpath behind it. On the approach to the pit lane area athletes will be directed onto the race track and into transition.

Please refer to maps for exact route

### **BIKE**

9-10 Year olds = 6km (2 laps)

The exit is the opposite end of transition to the run entry.

Out of transition athletes do two full laps of the track

At the end of lap #1 athletes veer right past transition into a side road and carry on for the 2<sup>nd</sup> lap.

At the end of lap #2 athletes proceed straight to transition.

11-12 year olds = 9km (3 laps)

The bike course is the same as the 9-10year olds except athletes do 3 laps in total.

**Athletes are responsible for counting the correct number of laps.** The transponders will count the correct number, however if the wrong number of laps are completed the athlete's result will show as DNF (Did Not Finish) or DQ (Disqualified).

Please refer to maps for exact route

**RUN #2**- 1km. All ages do the same course/distance.

Athletes exit transition the opposite end to where they entered from the bike & run #1. The course runs along the main straight with athletes staying on the left of the tarseal (right on the edge with the grass) and following the cones. The course goes to the end of the main straight, around the corner to a turn point and returns on the same route but along the main straight athletes run on the grass verge up against the pit lane wall to the finish line.

Please refer to maps for exact route