

CHISNALLWOOD & COBHAM INTERMEDIATE SCHOOLS TRIATHLON COURSE DETAILS

DATE: Friday 10 February 2017 **VENUE:** Pegasus Township

SCHEDULE: Reporting time 9.15am for participants. Race briefing 9.30am. First race by 10.00am.

Bikes must be left in transition until all competitors in all age groups have finished their races. Finish time is likely around 12.00pm, but dependent on the number of entries.

PARKING: Please avoid parking on the bike course. **COURSE:** Order is Swim, Bike, Run. See maps and course details below.

SWIM:

SWIM DISTANCES: 11-13 years: **100m (blue arrows)**

NOTE:

The lake is a freshwater lake. The swim course will take children out of their depth but there will be water supports on hand. We strongly recommend that students have a practice swim on the course prior to race day. All parents must sign a declaration that their child can swim the 100m. The entry into transition from the swim will be along the Winsloe St footpath.



RUN

RUN DISTANCES: All ages do the same run course, which is 2.3km.

COURSE: Out of transition you will be directed onto the Winsloe Street footpath.

Continue onto the first bridge crossing the lake, then proceed over the second bridge. Turn left off the bridge to a marked course alongside lake following The Esplanade. Turn left at Kohanga Drive to continue following the lake. Continue around the lake to the finish line on Lakeside Drive. **See map above with Swim map (red course).**