

RIDE TURNAROUND
AROUND
ROUNDBABOUT

RACE DISTANCES (SWIM / RIDE / RUN)	
12 yrs.....	300m / 8.5km / 2km
13 yrs & ENTICER.....	300m / 17km / 4km
ADULT.....	750m / 25.5km / 4km

RIDE COURSE
8.5km - 1 LAP
17km - 2 LAPS
25.5km - 3 LAPS

RIDE TURNAROUND
FINISH
8.5km - 1 LAP
17km - 2 LAPS
25.5km - 3 LAPS

TRANSITION
In Parkland

SWIM START

SWIM COURSES

SENIOR
RUN COURSE
ON ROAD
2000m Loop



CAIRNS CROCS TRI. CLUB YORKEYS KNOB COURSE

June 2009

