



**Key:**

**Swim Course** - Black Triangle in clockwise direction  
- Sprint Distance 1 Lap  
- Standard Distance 2 laps

**Cycle Course** - Follow Yellow Line clockwise direction  
- Sprint Distance 1 Lap  
- Standard Distance 2 laps

**Run Course** - Follow Red Line around the lake  
- Sprint Distance 1 Lap  
- Standard Distance 2 laps