



- █ Transition
- █ Swim course
- █ Cycle course
- █ Run course
- █ Finish

Cycle course - 1.6km  
 3:9:3 - 6 laps  
 Trophy & Cup - 10 laps

Run course - 1.61km  
 3:9:3 - 1.5 laps  
 Trophy & Cup - 2.5 laps