

BOAT SHEDS

**SWIM TO BIKE
TRANSITION**

**BIKE
MOUNT**

SWIM START

BAY 4	BAY 3	BAY 2	BAY 1
100 MINS +	80-100 MINS +	60-80 MINS +	UNDER 60

SWIM TO BIKE TRANSITION PLAN

GREY ARROWS:
Swim exit to change tent

RED ARROWS:
Route from change tent
to bike mount

R.T.: GREEN ARROWS
Relay Tag Point –
swimmer must run down to
cyclist, who will leave through
large transition area



**SWIM TO BIKE
TRANSITION**

R.T.

**TRANSITION
CHANGE MARQUEE**

**SWIM
FINISH**



BOAT SHEDS

BIKE IN

BIKE DISMOUNT

BIKE TO RUN TRANSITION

BIKE TO RUN TRANSITION

R.T.

RUN START

TRANSITION CHANGE MARQUEE

BIKE TO RUN TRANSITION PLAN

ORANGE ARROWS:
Bike in to change tent

BIKE DISMOUNT:
Athletes pass their bikes to marshals after the dismount line, the marshals will then rack the bikes

PURPLE ARROWS:
Route from change tent to run start

R.T.: GREEN ARROW
Relay Tag Point – runners turn left straight onto the run

