












-  **SWIM COURSE** - 1500m - 1 lap
-  **CYCLE COURSE** - 40km - 3 x laps
-  **RUN COURSE** - 10km - 2 x laps
-  **START** - Fleet Steps, Domain
-  **TA** - Transition - Yurong Precinct, Domain
-  **FINISH** - College St
-  **W** Water Stations
-  **D** Dextro Energy Station
-  **P** Penalty Box

AGE GROUP RACE DAY SCHEDULE
Sunday April 15th 2012
6.35am - Age group race start