



SID JAMES

 VICTOR HARBOR TRIATHLON

SWIM COURSE

PILLAR
PERFORMANCE

100 Distance Triathlon & AquaBike

Swim course 2km



Olympic Distance
Swim course 1.5km



Sprint Distance
Swim course 750m



Mini Distance
Swim course 150m



Transition



Swim Buoy



**100 Triathlon & AquaBike
= 4 Laps**

**Olympic Distance Triathlon
= 2 Lap**

**Sprint Distance Triathlon
= 1 Lap**

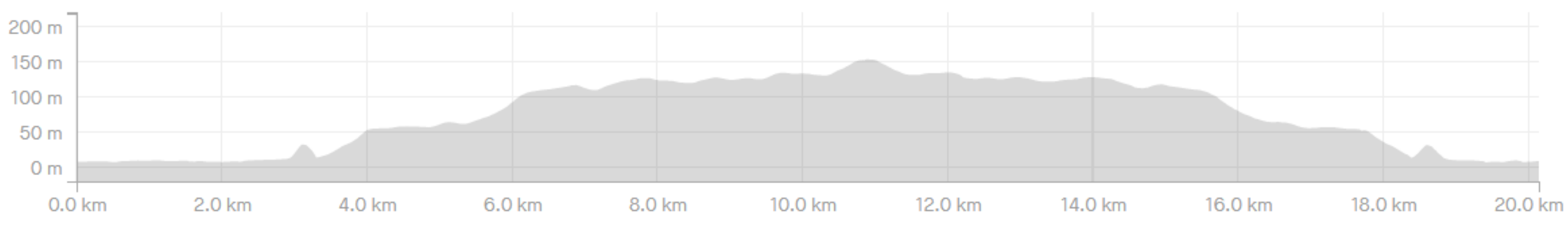


BIKE COURSE

— Bike course 80/40/20km

T
Transition

A
Aid Station for 100





RUN COURSE

PILLAR PERFORMANCE

100 Triathlon = 3 Laps (LC)

Olympic Distance Triathlon = 2 Laps (SC)

Sprint Distance Triathlon = 1 Lap (SC)

Run course 18/10/5km

- T** Transition
- A** Aid Station
- E** Event Expo/Hub
- TOILETS**

