

# RUN ROUTE

-  AFRICA CUP ELITE RUN 2.5KM x 4 LAPS
-  OLYMPIC RUN 2.5KM x 4 LAPS
-  16 - 19 YEARS SPRINT RUN 2.5KM x 2 LAPS
-  12 - 15 YEARS SUPERSPRINT RUN 2.5KM

AFRICA ELITE CUP	OLYMPIC	SPRINT	SUPER SPRINT
1500M SWIM 40 KM CYCLE 10KM RUN	1500M SWIM 40KM CYCLE 10KM RUN	750M SWIM 20 KM CYCLE 5KM RUN	400M SWIM 10KM CYCLE 2.5KM RUN



# BIKE ROUTE

- AFRICA CUP ELITE CYCLE 8 x LAPS of 5KM
- OLYMPIC CYCLE 4 x LAPS of 10KM
- 16 - 19 YEARS CYCLE 4 x LAPS of 5KM
- 12 - 15 YEARS CYCLE 2 x LAPS of 5KM

## AFRICA ELITE CUP

1500M SWIM  
40 KM CYCLE  
10KM RUN

## OLYMPIC

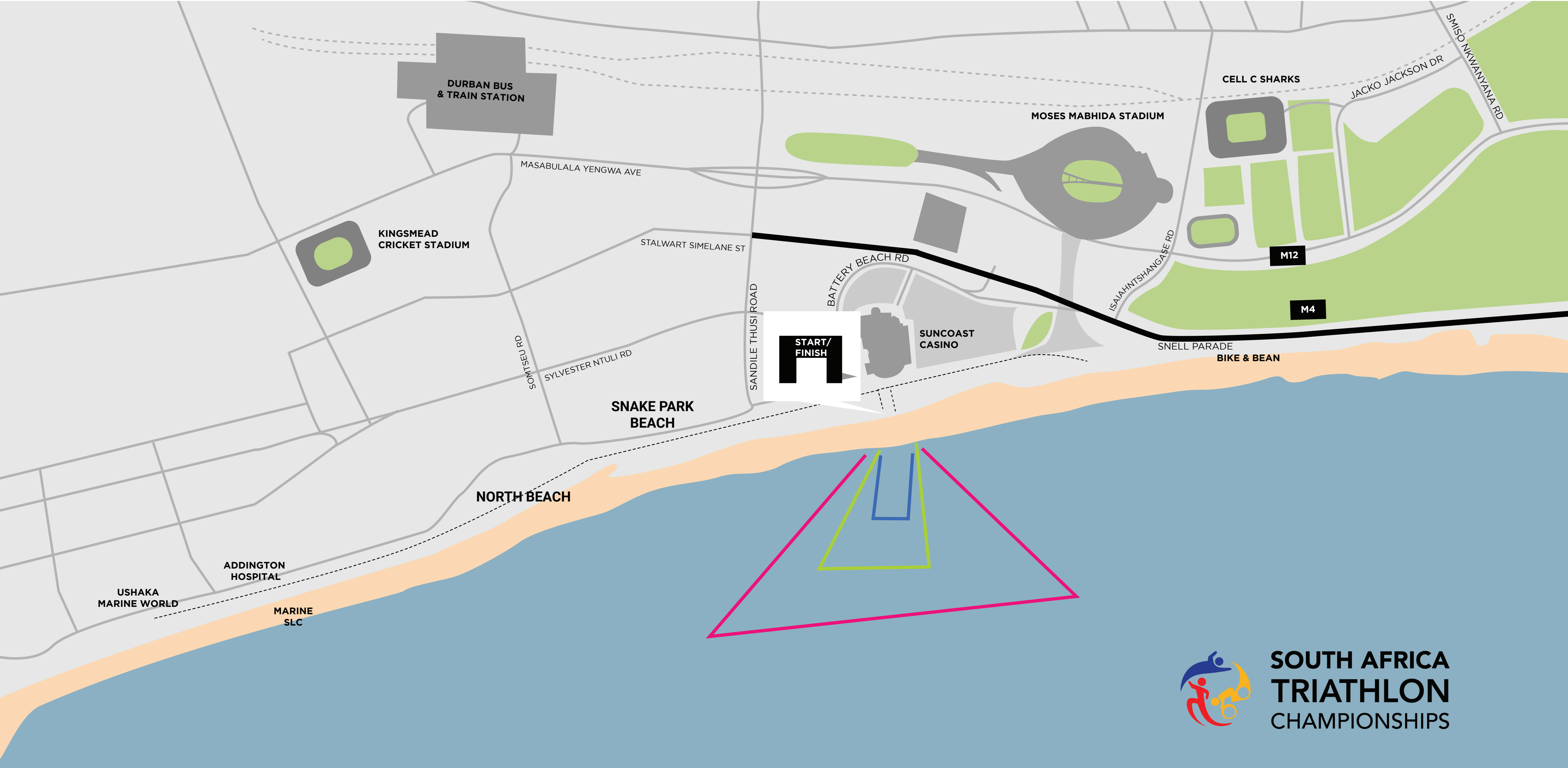
1500M SWIM  
40KM CYCLE  
10KM RUN

## SPRINT

750M SWIM  
20 KM CYCLE  
5KM RUN

## SUPER SPRINT

400M SWIM  
10KM CYCLE  
2.5KM RUN



# SWIM ROUTE

- AFRICA CUP ELITE SWIM 1500M
- OLYMPIC SWIM 1500m
- 16 - 19 YEARS SPRINT SWIM 750M
- 12 - 15 YEARS SUPERSPRINT SWIM 400M

AFRICA ELITE CUP	OLYMPIC	SPRINT	SUPER SPRINT
1500M SWIM 40 KM CYCLE 10KM RUN	1500M SWIM 40KM CYCLE 10KM RUN	750M SWIM 20 KM CYCLE 5KM RUN	400M SWIM 10KM CYCLE 2.5KM RUN