



You'll be hooked

Oceania Sprint Distance Course



- Swim - 750m – 1 Lap**
- Bike – 20km - 5 laps** - From Transition to Mount Line then into Marina Tce then right into Kenrigg Rd East, to Turnaround in Kenrigg Rd, left into Locheagles Rise, left into Kittyhawk Drive to Turnaround, left into Locheagles Rise to Turnaround, left into Kenrigg Rd, left into Boojum Dell to Turnaround, left into Marina Terrace to Turnaround near Transition and repeat. At end of fifth lap dismount at Dismount Line
- RUN 5 kilometres 2 laps anti-clockwise:** Exit transition into Marina Tce, left into Kinloch Rd, right into Nisbet Terrace to Turnaround then right into Kinloch Rd, left into Mata Place, right onto marina pathway across bridge and left into Kinloch Esplanade and repeat. At end of second lap enter Finish Chute to Finish Line.