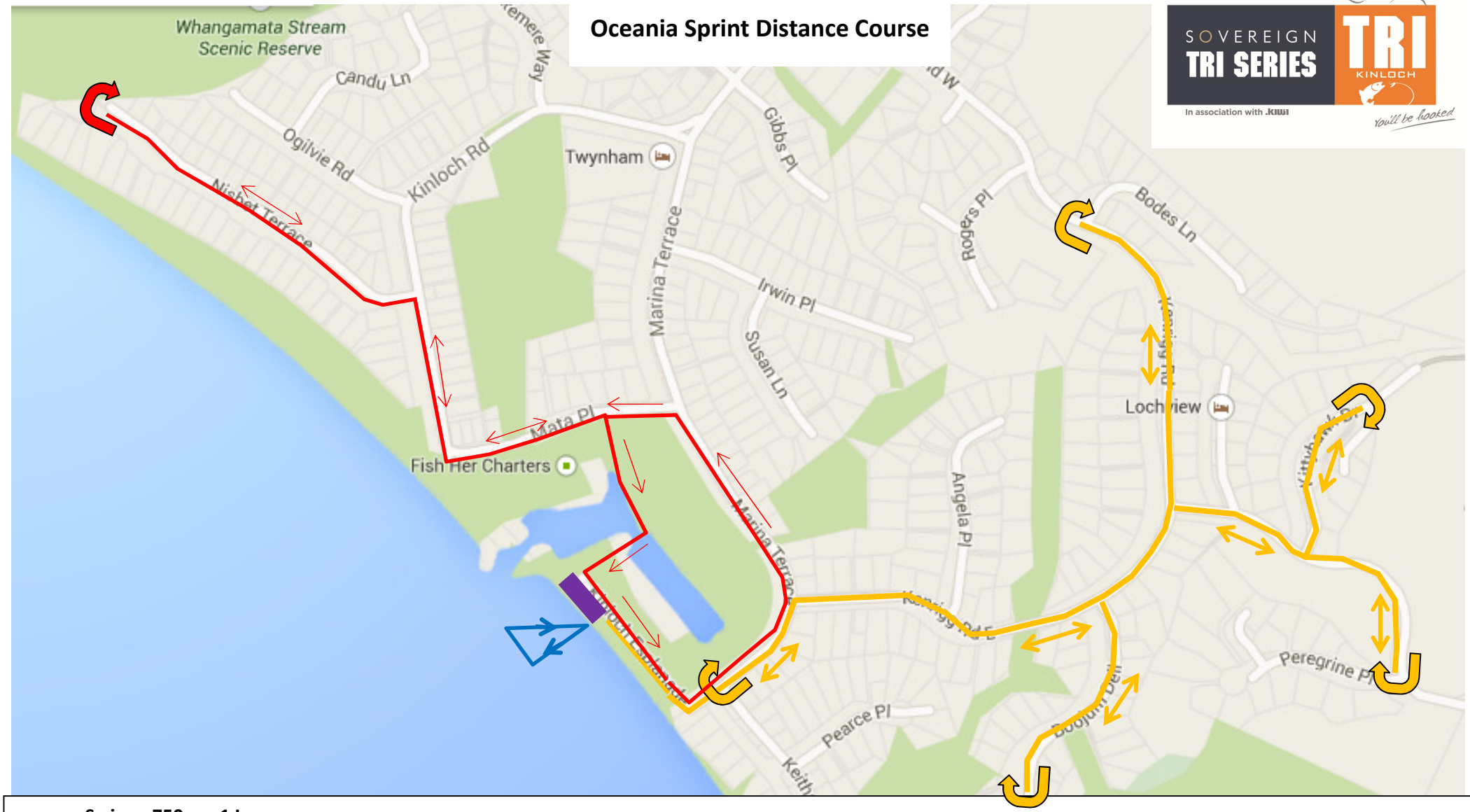
Oceania Sprint Distance Course



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 on 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 at Keitha Place 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 Mata Place, right into Kinloch Road, left 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 and run through to the Finish Line.