




NZ Schools Team Tag Relay Course

Note: The cycle course includes private roads which must NOT be ridden prior to race day



 Swim Course – 200m
 Run Course – clockwise – 1km per lap

 Cycle Course – 2.3km per lap (plus blue section to get onto/off course)
U12/U13/U14 = 3km - 1 lap U16/U19 = 5.3km - 2 laps