




# NZ Schools Triathlon Course

U12/U13/U14/U16 Individuals and Teams

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



 Swim Course  
 Run Course – clockwise – 1km per lap

 Cycle Course – 2.3km per lap (plus blue section to get onto course)  
U12 = 2 laps U13 = 2 laps U14 = 4 laps U16 = 4 laps