



Dare2Tri Oz Day 2018 Mini Course

- **100m Swim**
(point to point)
- **6.5km Bike**
(1 x 6.5km laps)
- **1Km Run**
(1 x 1km lap)





Dare2Tri Oz Day 2018 Tinman Course

- **400m Swim**
(1 lap)
- **25.2km Bike**
(3 x 8.4km laps)
- **4km Run**
(1 x 4km lap)





Dare2Tri Oz Day 2018 Challenge Course

- **1200m Swim**
(1lap)
- **33.6km Bike**
(4 x 8.4km laps)
- **8km Run**
(2 x 4km laps)



Bike Compound Layout

