

Triathlon Oz Day 2019 Challenge Course

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



Triathlon Oz Day 2019

Tinman Course

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



Triathlon Oz Day 2019

Mini Course

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



Bike Compound Layout



