

# TORBAY / TRIATHLON

**SENIOR SPRINT**

SWIM - 16 LENGTHS = 400M

BIKE - 10 LAPS = 15KM

RUN - 2 LAP = 5KM

**GOTRI / TRISTAR 3**

SWIM - 12 LENGTHS = 300

BIKE - 5 LAPS = 7.5KM

RUN - 1 LAP = 2.5KM



# TORBAY / TRIATHLON

**SENIOR SPRINT/JUNIOR & YOUTH**

SWIM - 16 LENGTHS = 400M

BIKE - 10 LAPS = 15KM

RUN - 2 LAP = 5KM

**GO TRI FOR BEGINNERS**

SWIM - 12 LENGTHS = 300M

BIKE - 5 LAPS = 7.5KM

RUN - 1 LAP = 2.5KM

**TRISTAR 3**

SWIM - 12 LENGTHS = 300M

BIKE - 5 LAPS = 7.5KM

RUN - 1 LAP = 2.5KM

**TRISTAR 2 / NOVICE 11 - 14**

SWIM - 8 LENGTHS = 200M

BIKE - 4 LAPS = 6KM

RUN - 1 LAP = 1.95KM

**TRISTAR START & NOVICE 8 - 10**

SWIM - 2 LENGTHS = 50M

BIKE - 1 LAP = 1500M

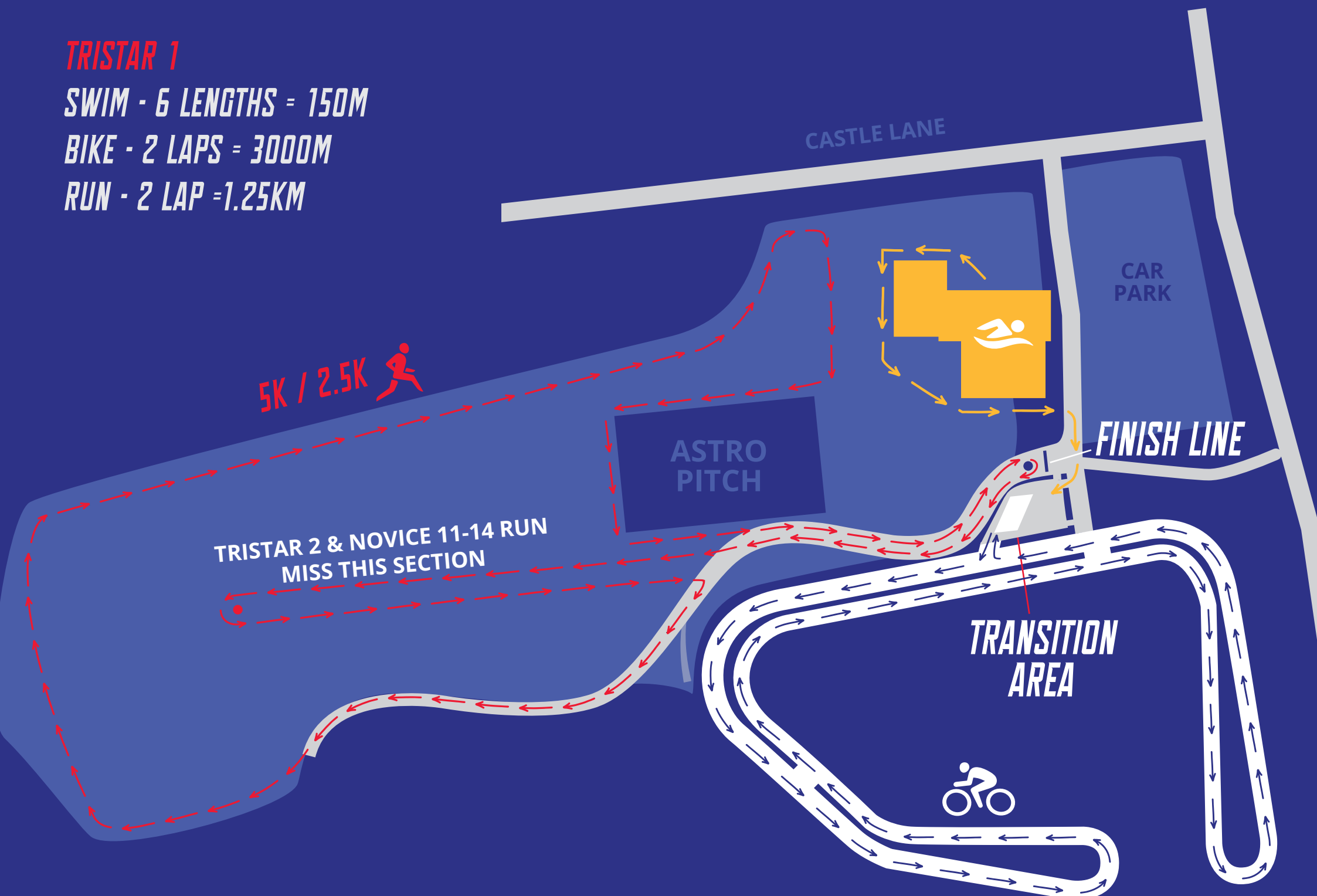
RUN - 1 LAP = 625M

**TRISTAR 1**

SWIM - 6 LENGTHS = 150M

BIKE - 2 LAPS = 3000M

RUN - 2 LAP = 1.25KM



# TORBAY / TRIATHLON

**TRISTAR START & GO TRI KIDS 8-10**

SWIM - 2 LENGTHS = 50M

BIKE - 1 LAP = 1500M

RUN - 1 LAP = 625M

**TRISTAR 1**

SWIM - 6 LENGTHS = 150M

BIKE - 2 LAPS = 3000M

RUN - 2 LAPS = 1.25KM

**MINI TRI NOVICE KIDS 5 - 7**

SWIM - 1 LENGTHS = 25M

BIKE - 1 LAP = 1500M

RUN - 1 LAP = 625M



# Swimming Snake Start



DOOR OUT OF BUILDING  
TO TRANSITION

ENTER POOL - (NO DIVING)

GOTRI / TRISTAR 3

TRISTAR 2

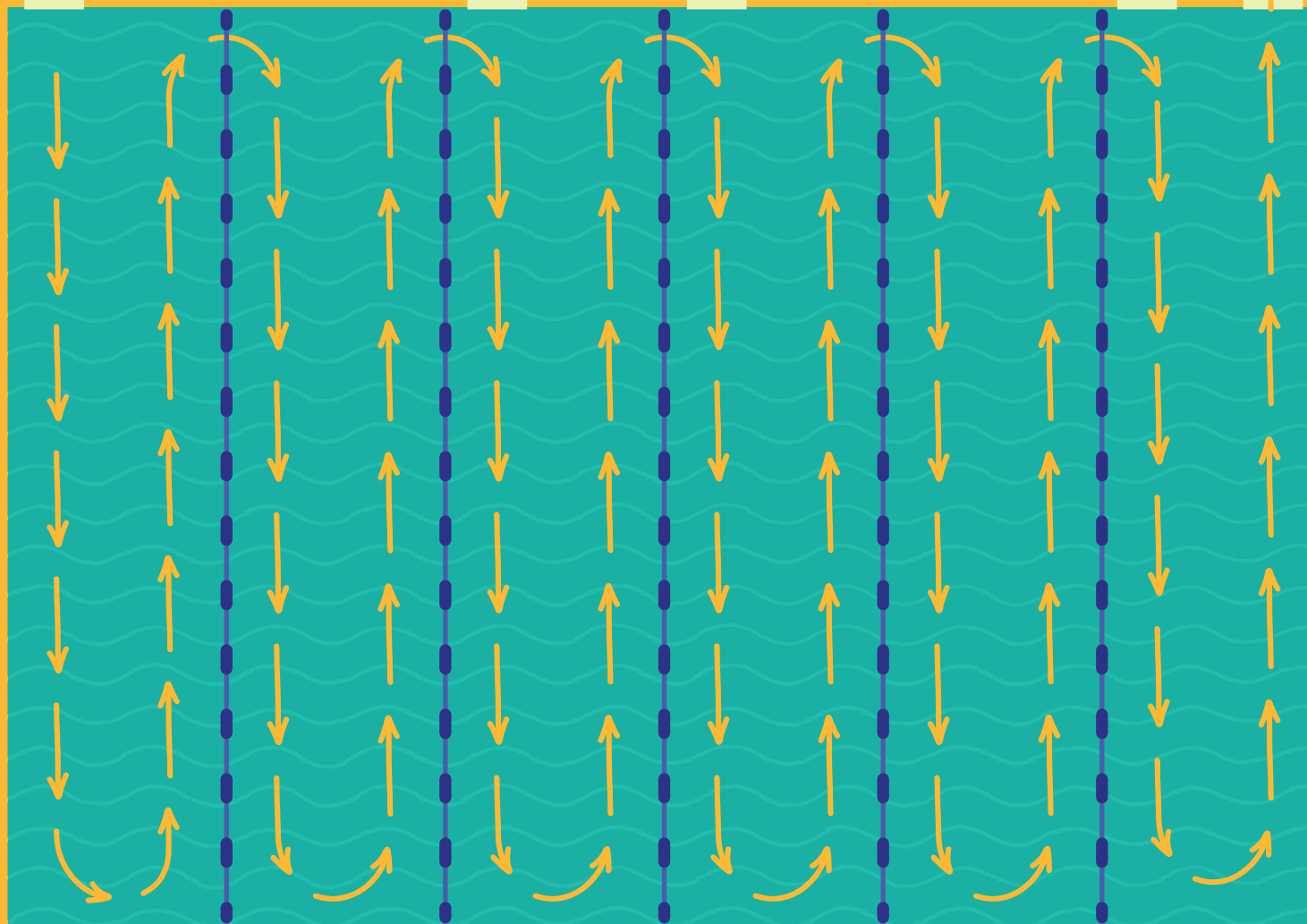
TRISTAR 1

TRISTAR

EXIT  
POOL

TIMING MAT

QUEUING AREA



1 2 3 4 5 6 7 8 9 10 11 12

LAP NUMBER