



# LONG COURSE

12 March 2017

**S** → → → **Swim Course**  
750m - 1 lap

**B** → → → **Bike Course**  
20km - 3 laps

**R** → → → **Run Course**  
5km - 1 lap



- FA** First Aid
- RG** Registration
- BA** Briefing Area
- W** Water Station
- T** Transition Area
- PS** Presentation Stage

