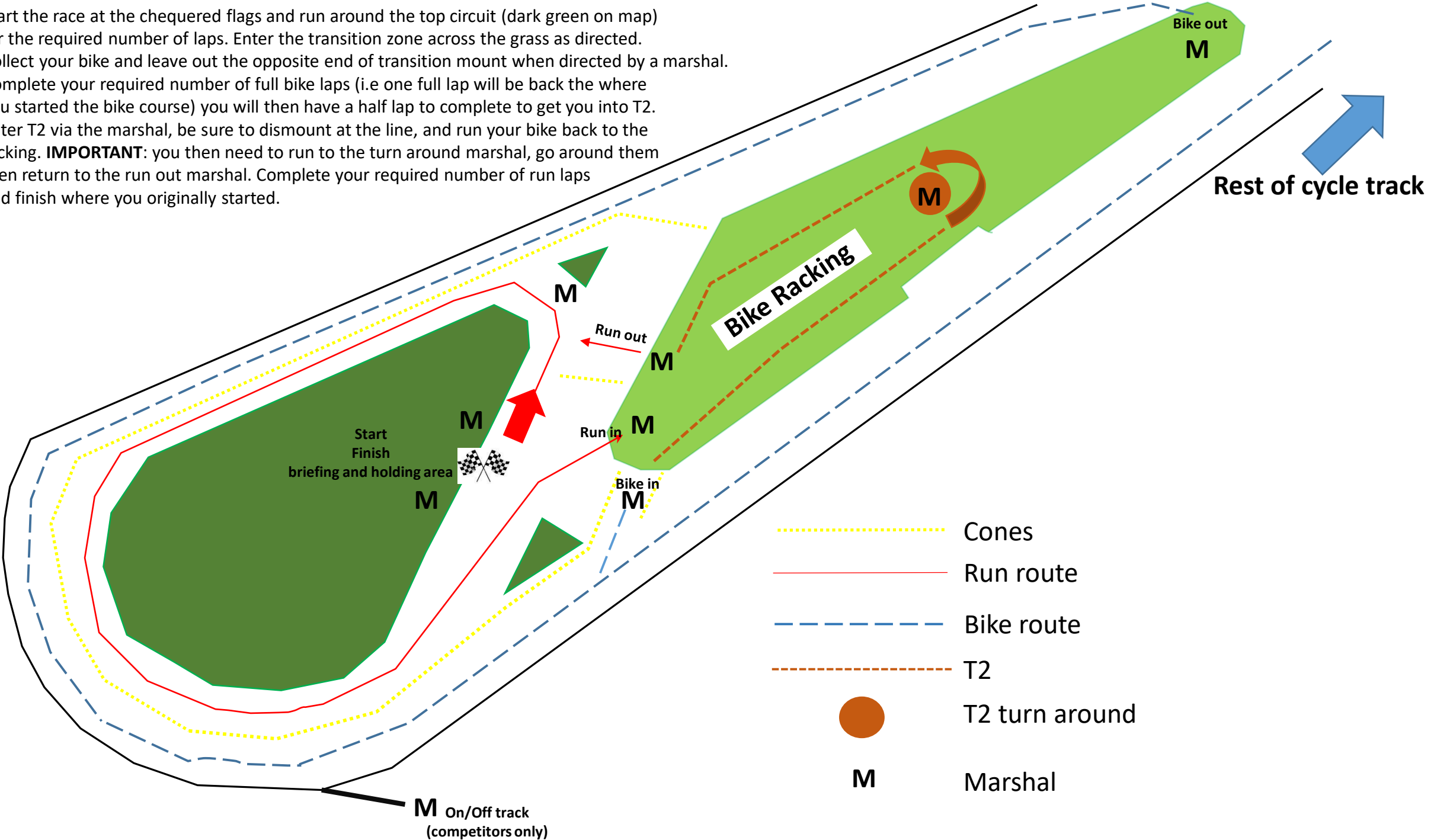
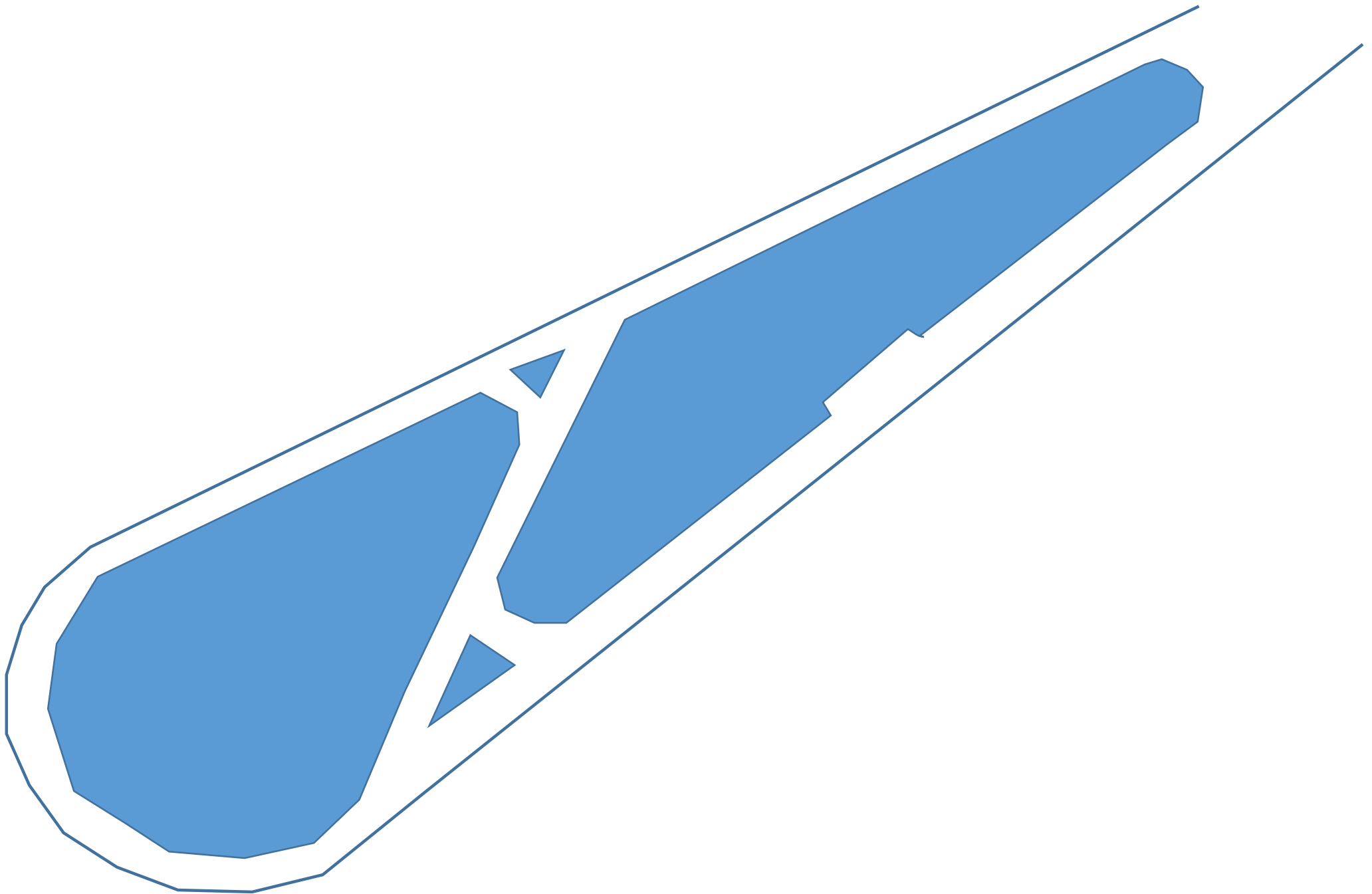


Start the race at the chequered flags and run around the top circuit (dark green on map) for the required number of laps. Enter the transition zone across the grass as directed. Collect your bike and leave out the opposite end of transition mount when directed by a marshal. Complete your required number of full bike laps (i.e one full lap will be back the where you started the bike course) you will then have a half lap to complete to get you into T2. Enter T2 via the marshal, be sure to dismount at the line, and run your bike back to the racking. **IMPORTANT:** you then need to run to the turn around marshal, go around them then return to the run out marshal. Complete your required number of run laps and finish where you originally started.



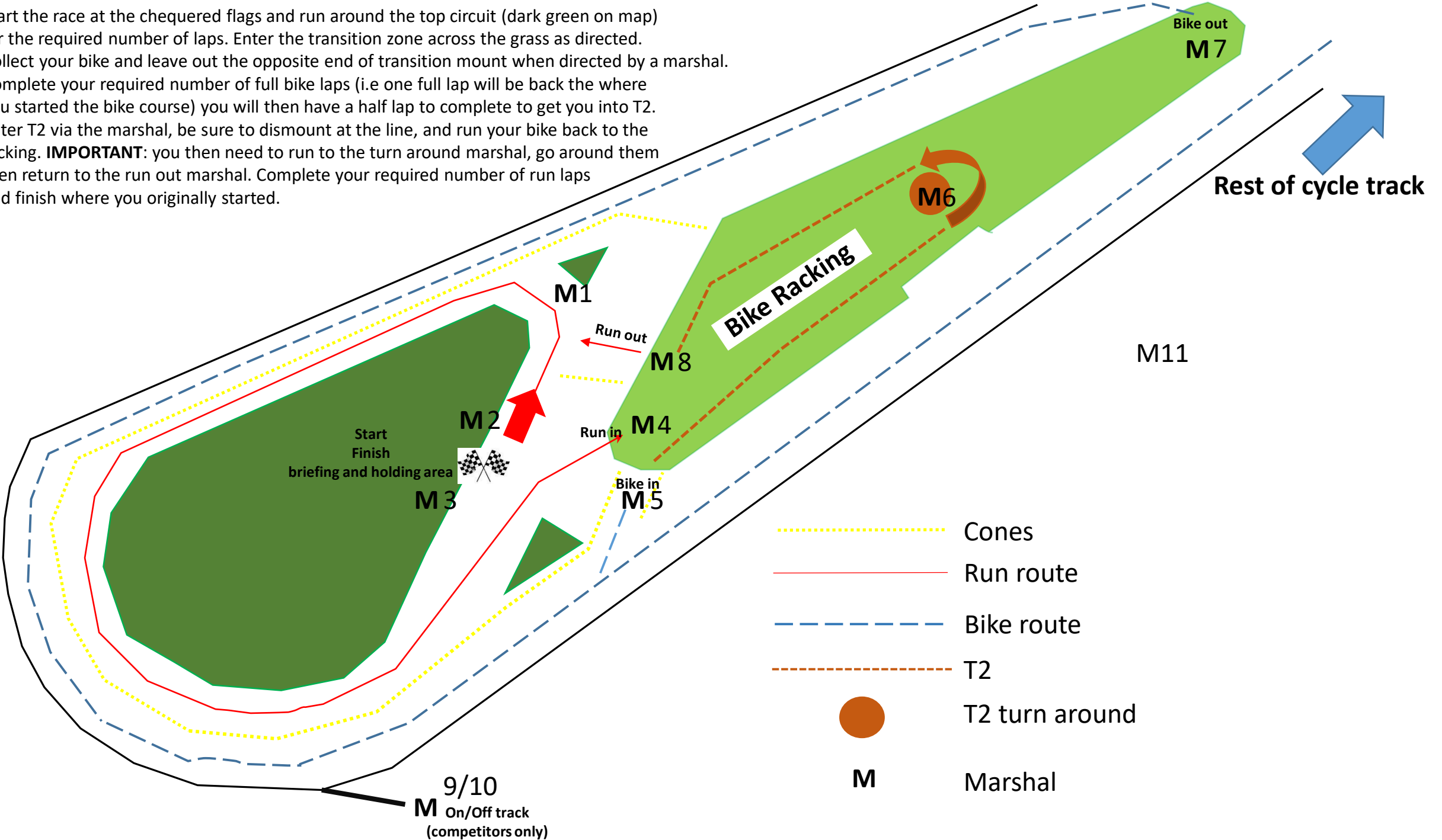
- ⋯ Cones
- Run route
- - - Bike route
- - - T2
- T2 turn around
- M Marshal

**M** On/Off track  
(competitors only)



Start the race at the chequered flags and run around the top circuit (dark green)

Start the race at the chequered flags and run around the top circuit (dark green on map) for the required number of laps. Enter the transition zone across the grass as directed. Collect your bike and leave out the opposite end of transition mount when directed by a marshal. Complete your required number of full bike laps (i.e one full lap will be back the where you started the bike course) you will then have a half lap to complete to get you into T2. Enter T2 via the marshal, be sure to dismount at the line, and run your bike back to the racking. **IMPORTANT:** you then need to run to the turn around marshal, go around them then return to the run out marshal. Complete your required number of run laps and finish where you originally started.



9/10  
**M** On/Off track  
 (competitors only)

- ⋯ Cones
- Run route
- - - Bike route
- - - T2
- T2 turn around
- M** Marshal