













INSET

NOOSA RIVER

NOOSA SUPERKIDZ TRIATHLON

Tingirana NOOSA SPECIAL TRIATHLON

LEGEND:

-  SWIM COURSE
-  BIKE COURSE
-  RUN COURSE
-  TRANSITION
-  START
-  FINISH
-  BUOY
-  FIRST AID
-  FOOD & BEVERAGE
-  INFO PILLAR/MEETING POINT
-  SPECIAL TRI WAITING AREA
-  TOILETS

DISTANCES:

11-13 YEARS	SPECIAL TRI
SWIM: 200m	SWIM: 100m
BIKE: 5km - 2 Laps	BIKE: 3km - 1 Lap
RUN: 900m - 2 Laps	RUN: 500m - 1 Lap

7-10 YEARS

SWIM: 100m
BIKE: 3km - 1 Lap
RUN: 500m - 1 Lap

TIMETABLE:

6:00-7:15am	Superkidz Check-in, Late Entry and Bike Racking
6:00-7:15am	Special Tri Check-in, Late Entry and Bike Racking
7:20am	Superkidz Event Briefing
7:30am	Superkidz Event Start
8:00am	Special Tri Event Briefing
8:15am*	Special Tri Event Start
9:30am*	Random Draws

*Approximate time only.

