

COURSE OPTIONS SUMMARY

MOTUKARAKA POINT

TRIATHLON

	Medium	Short
Start time - Men & teams	8:05am	8:25am
Start time - Women	8:07am	8:27am
Opening Swim - which lap?	750m lap	300m lap
Opening swim - How many laps?	1 lap (750m)	1 lap (300m)
Cycle - what course / where to?	100m south of #838 Paekakariki Hill Road	Outside #528 Paekakariki Hill Road opposite "Birds Paradiso" signage
Cycle - How many laps?	1 lap (20k)	1 lap (14k)
Closing run - where to?	Paekakariki Hill Road, Grays Road Intersection	At bridge on wetland Track at northern end, Grays Road
Closing run - How many laps?	1 lap (5k)	1 lap (2.5k)

DUATHLON

	Medium	Short
Start time - Men & teams	8:05am	8:25am
Start time - Women	8:07am	8:27am
Opening Run - where to?	At bridge on wetland Track at northern end, Grays Road	Outside #33 Motukaraka Point
Opening run - How many laps?	1 lap (2.5k)	1 lap (1.2k)
Cycle - what course / where to?	100m south of #838 Paekakariki Hill Road	Outside #528 Paekakariki Hill Road opposite "Birds Paradiso" signage
Cycle - How many laps?	1 lap (20k)	1 lap (14k)
Closing run - where to?	Paekakariki Hill Road, Grays Road Intersection	At bridge on wetland Track at northern end, Grays Road
Closing run - How many laps?	1 lap (5k)	1 lap (2.5k)