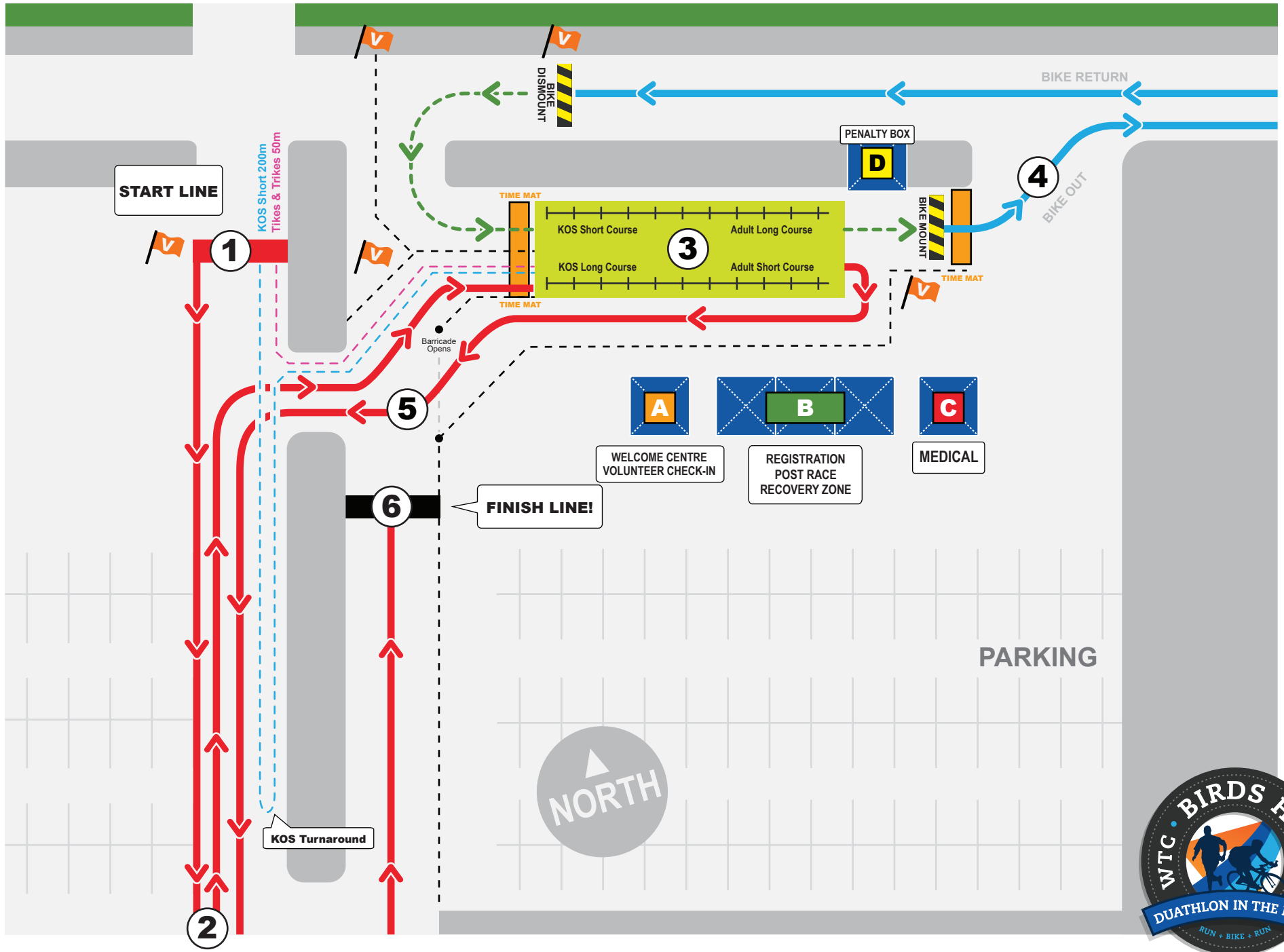


TRANSITION AREA



RUN COURSE

T&T *Tikes & Trikes* | 3-5yrs
 1st Run: **50m** Bike: **40m** 2nd Run: **40m**

KS *Kids of Steel Short* | 6-11yrs
 1st Run: **200m** Bike: **2km** 2nd Run: **400m**

KL *Kids of Steel Long* | 12-15yrs
 1st Run: **400m** Bike: **13km** 2nd Run: **2km**

AS *Adult Short* | 16yr+
 1st Run: **2km** Bike: **13km** 2nd Run: **2km**

AL *Adult Long* | 16yr+
 1st Run: **2km** Bike: **13km** 2nd Run: **4km**
 ★ *Sprint Duathlon World Championship Qualifier - May 19* ★

AXL *Adult Xtra Long* | 16yr+
 May 26, 2026
 1st Run: **4km** Bike: **24km** 2nd Run: **4km**
 ★ *Standard Duathlon World Championship Qualifier* ★

START / FINISH LINE
ALL RACES

0

TRANSITION

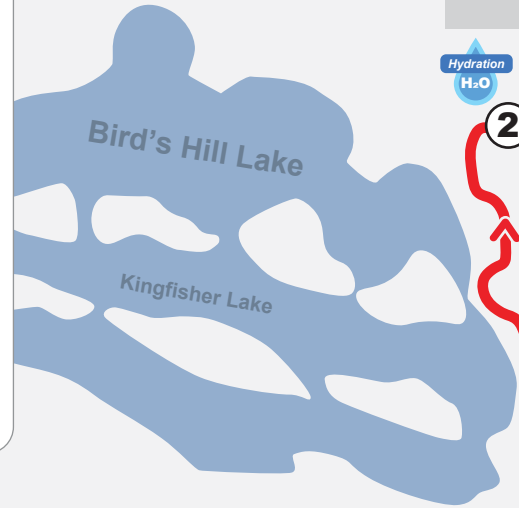
1

200m
TURN AROUND
 KOS Short - 1st RUN

Hydration
 H₂O

2

400m
TURN AROUND
 KOS Short - 2nd RUN
 KOS Long - 1st RUN



4KM
TURN AROUND
 Adult Long - 2nd RUN
 Adult Xtra Long - 1st & 2nd RUN

Hydration
 H₂O

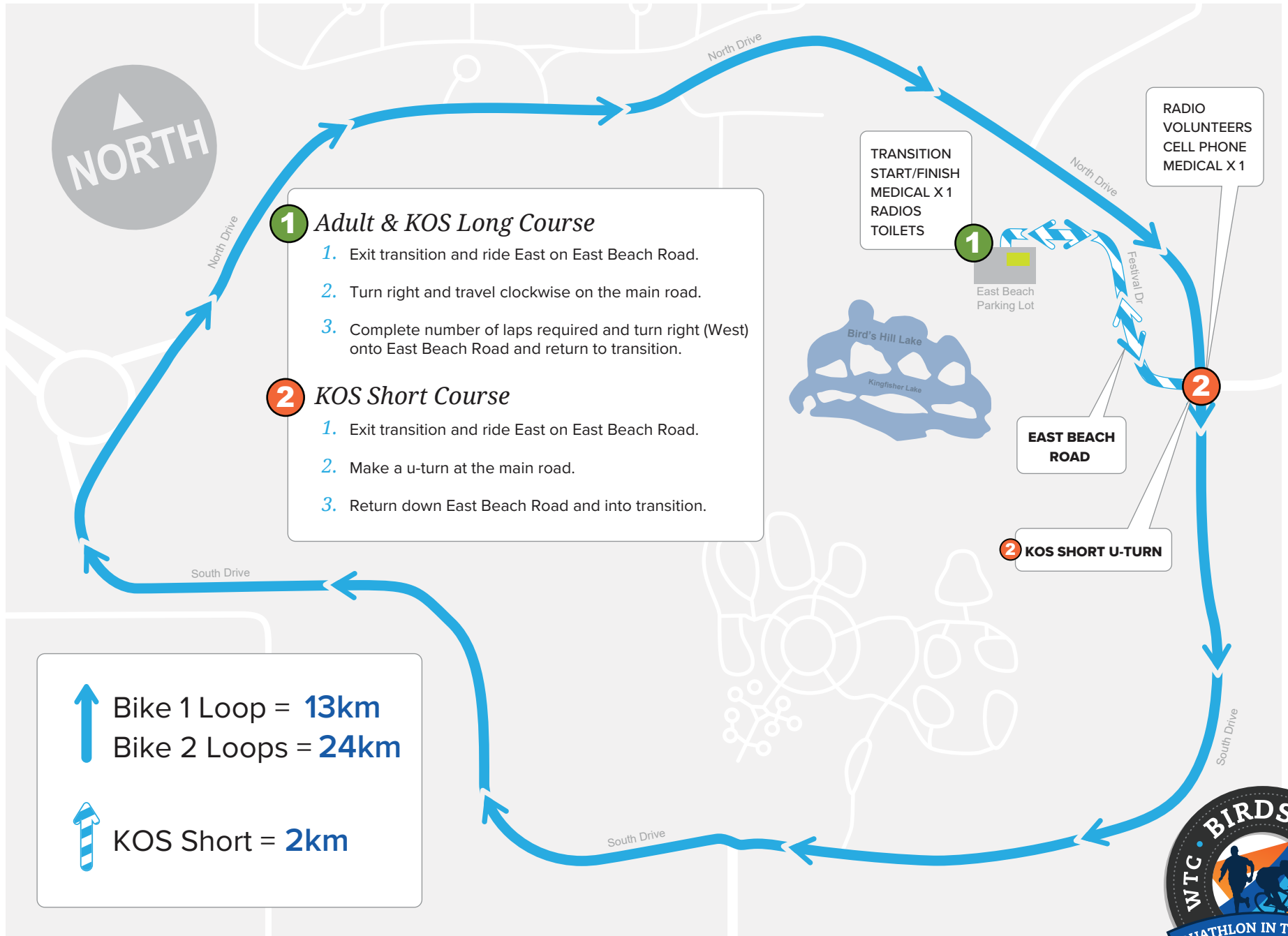
3

2KM
TURN AROUND
 Adult Short - 1st & 2nd RUN
 Adult Long - 1st RUN
 KOS Long - 2nd RUN

4



BIKE COURSE



↑ Bike 1 Loop = **13km**
↑ Bike 2 Loops = **24km**

↑ KOS Short = **2km**



OVERALL COURSE

