



STANDARD DISTANCE COURSE DESCRIPTION

SWIM: 1 lap, 1500m

Start on Jetty beach and head straight out parallel to the Jetty (approx. 200m). Make a right turn at the first buoy, then continue swimming parallel to the beach before making 2 left hand turns. Swim all the way back to the end of jetty where you will turn left at the final buoy and return to the beach. Continue up the beach and into the transition area.

BIKE: 2 x 20km laps

Leave transition and turn left into Jordon Esplanade, then take a right hand turn up the short, steep hill into Camperdown St. Head along Camperdown St and make a left turn into Harbour Drive. At the first roundabout turn left into Hogbin Drive and follow this all the way to the turnaround point at the southern end of the Rugby Club. Make a left turn and do the Hi-Tech Drive loop and then return to Hogbin Drive, turn left and ride north all the way through the Harbour Drive roundabout to the turnaround point at Watsonia Ave. Head back to the Harbour Drive roundabout, make a left turn into Harbour Drive and back through the 'Jetty Strip'. Veer to the right into Marina Drive. Turn right at the roundabout into Jordan Esplanade for completion of Lap 1. Repeat the same for lap 2 and return to transition.

RUN: 2 x 5km laps

Run out of transition and head south out along Jordan Esplanade to the turnaround point on the southern break wall. Return to transition and turn around to commence your second lap. Repeat the same for lap 2 and when you return to the transition area for the second time you will turn right and run all the way to the end of the Jetty, turnaround and head towards the finish line.

**CONGRATULATIONS,
YOU'VE FINISHED THE BCU COFFS TRI**