



ENTICER COURSE DESCRIPTION

SWIM: 1 lap, 300m

Start on the Jetty Beach and head straight out parallel to the Jetty (approx. 130m) and make a right turn at the first buoy, then another right turn and return to the beach.

CYCLE: 2 x 3.5km laps

Turn left out of transition and head south along Jordon Esplanade towards the southern break wall to the first turnaround point. Head back towards transition to complete your first lap. After turning at the second turnaround point, you are on your second lap. On completion of your second lap, dismount and enter transition to commence your run.

RUN: 2 x 1km laps

Run out of transition and head south out along Jordan Esplanade to the turnaround point at the southern end of the Foreshores. Head back north to the transition area then 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 'ENTICER'