








**Hibiscus Coast
Course Map**

Manly Park
Whangaparaoa

**Sunday
25 March 2018**



	<u>7yrs</u>	<u>8-10yrs</u>	<u>11-15yrs</u>
Swim 	50m	100m	200m
Cycle 	1lap (approx 4km)	1lap (approx 4km)	2laps (approx 8km)
Run 	1lap (approx 1.5km)	1lap (approx 1.5km)	1lap (approx 1.5km)
Kids TRYathlon Village 	Transition 	Pre-Swim Tent 