



# Hibiscus Coast Course Map

Manly Park  
Whangaparaoa

Sunday  
24 March 2019



**PARKING  
DETAILS  
TBC**

	7yrs	8-10yrs	11-15yrs
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