



















South Auckland Course Map

Mountfort Park Manurewa

Tuesday 3 & Wednesday 4 December 2019

	SPLASH & DASH	7yrs	8-10yrs	11-15yrs
Swim 				
	50m	50m	100m	150m
Cycle 	<u>NO CYCLE</u>			
		2lap (approx 4km)	2lap (approx 4km)	4laps (approx 8km)
Run 				
	1lap (approx 1.5km)	1lap (approx 1.5km)	1lap (approx 1.5km)	1lap (approx 1.5km)
Kids TRYathlon Village 	Transition 	Manurewa Pool & Leisure Centre 	Pre-Swim Tent 	

BEST VIEWING FOR PUBLIC

B = Bike

S = Swim - Viewing of the swim is possible for supporters by entering through the main entrance of the pool complex on Sykes Road.