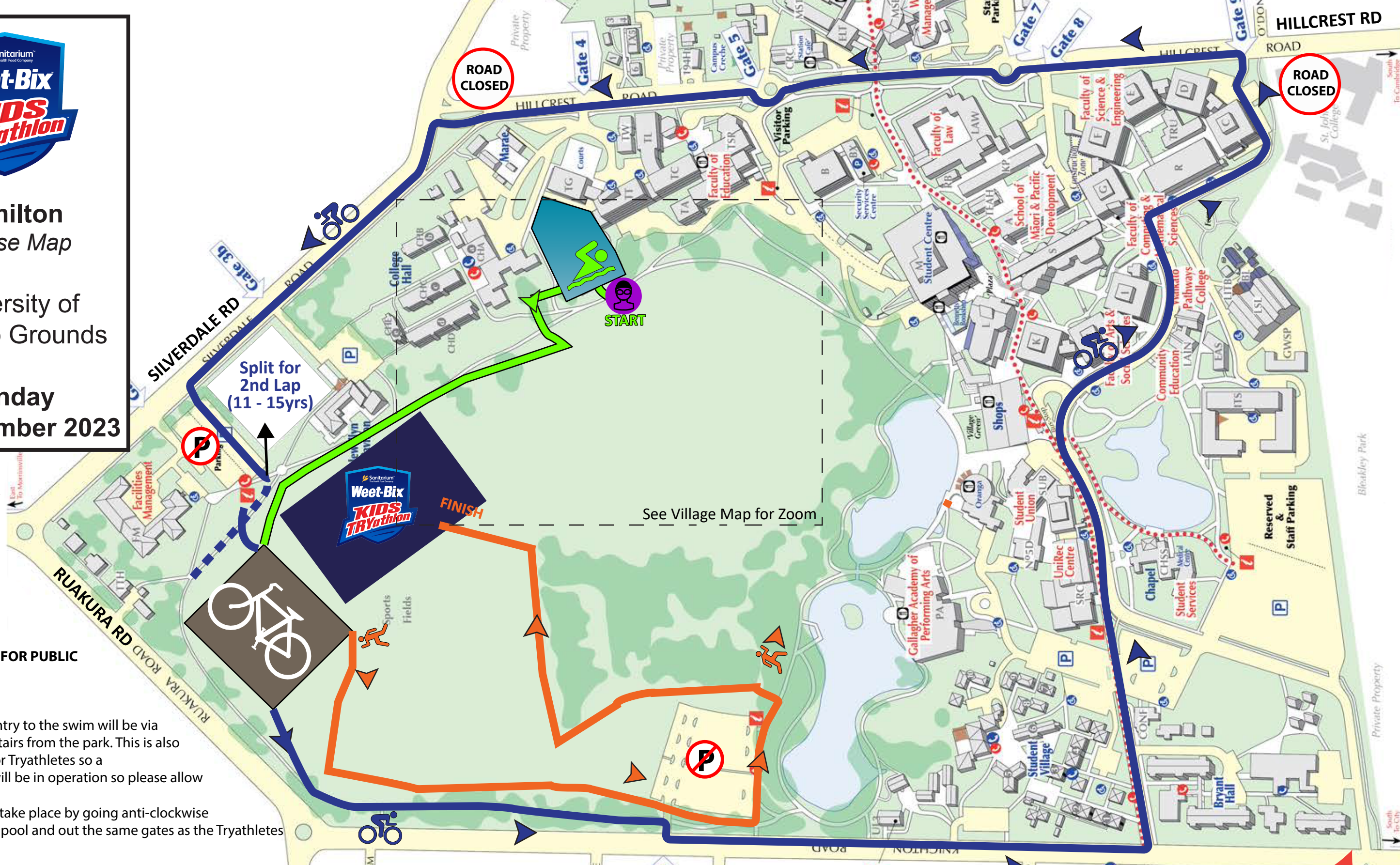




**Hamilton**  
Course Map

University of Waikato Grounds

**Sunday**  
**10 December 2023**



**BEST VIEWING FOR PUBLIC**

- B** = Bike
- S** = **Swim** - Entry to the swim will be via the gated stairs from the park. This is also the entry for Tryathletes so a Stop / Go will be in operation so please allow extra time. Exiting will take place by going anti-clockwise around the pool and out the same gates as the Tryathletes

	SPLASH & DASH	7yrs	8-10yrs	11-15yrs	Kids TRYathlon Village	Transition	Pre-Swim Tent	University of Waikato Pools
Swim	50m	50m	100m	150m				
Cycle	NO CYCLE	1lap (approx 4km)	1lap (approx 4km)	2laps (approx 8km)				
Run	1lap (approx 1.5km)	1lap (approx 1.5km)	1lap (approx 1.5km)	1lap (approx 1.5km)				

**PARKING IN GATE 1, VIA KNIGHTON ROAD**