



**Palmerston North  
Course Map**

Ongley Park  
West End

**Tuesday  
19 March 2024**

**BEST VIEWING FOR PUBLIC**

**B** = Bike

**S** = Swim - Viewing of the swim is possible by entering the pool complex via the side gate entrance beyond the main entrance on Park Rd.

	SPLASH & DASH	7yrs	8-10yrs	11-15yrs
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)
	Kids TRYathlon Village	Transition	Lido Aquatic Centre	Pre - Swim Marquee

