

HASTINGS-NAPIER EXPRESSWAY



TRYathlon Village Transition Regional Aquatic Centre Pre-Swim Marquee

		TRYATHLON			DUATHLON	
		7yrs	8-9yrs	10-15yrs	7-9yrs	10-15yrs
Swim		SPLASH & DASH				
		50m	100m	150m	NO SWIM	NO SWIM
Cycle		NO CYCLE				
		2 Laps (4km)	2 Laps (4km)	4 Laps (8km)	2 Laps (4km)	4 Laps (8km)
Run		1 Lap (approx 1.5km)				

SPECTATOR VIEWING AREAS

B = Bike - Please view the bike from inside the run course to avoid obstructing the athletes.

S = Swim - Viewing of the swim is possible for supporters by entering the pool complex from the Pre-Swim area. One set of double doors are available to spectators, the left side set is for participants only.

Hastings Course Map

Mitre 10 Park Hawke's Bay

Thursday 12th March 2026