



	SPLASH & DASH	7yrs	8-9yrs	10-15yrs
Swim	50m	50m	100m	150m
Cycle	NO CYCLE	3 Laps (4km)	3 Laps (4km)	5 Laps (6.5km)
Run	1 Lap (approx 1.5km)	1 Lap (approx 1.5km)	1 Lap (approx 1.5km)	1 Lap (approx 1.5km)
Event Village	Transition	WRAC	Pre-Swim	

SPECTATOR VIEWING AREAS

B = **Bike** - Please stay behind the fencing and keep off the road

S = **Swim** - Enter the pool complex via the spectator entrance, beyond the main entrance on Kilbirnie Cres.

Wellington
Course Map
 Kilbirnie Park
 Kilbirnie
Sunday
15th March
2026