



Palmerston North
 Course Map
 Ongley Park
 West End
Tuesday
17th March
2026

	SPLASH & DASH	TRYATHLON			DUATHLON	
		7yrs	8-9yrs	10-15yrs	7-9yrs	10-15yrs
Swim	50m	50m	100m	150m	NO SWIM	NO SWIM
Cycle	NO CYCLE	1 Lap (3.5km)	1 Lap (3.5km)	2 Laps (7km)	1 Lap (3.5km)	2 Laps (7km)
Run	1 Lap (approx 1.5km)	1 Lap (approx 1.5km)	1 Lap (approx 1.5km)	1 Lap (approx 1.5km)	1 Lap (approx 1.5km)	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 by entering the pool complex via the side gate entrance beyond the main entrance on Park Rd.

TRYathlon Village Transition Lido Aquatic Centre Pre-Swim Marquee

