	TRYATHLON			DUATHLON	
	SPLASH & DASH	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.

Palmerston North
Course Map

Ongley Park
West End

Tuesday 2nd March 2027

TRYathlon Village | Transition | Lido Aquatic Centre | Pre-Swim Marquee

PARK RD
RANARA CT
SAVAGE CRES
NATHAN PL
ONGLEY PARK
FINISH
ROAD CLOSED
HUIA ST
FITZHERBERT AVE
MANAWAROA ST
MANAWAROA PARK
HUGHES AVE
SPECTATOR ENTRANCE
START
S
B
HENARE ST
RUHA ST
DITTMER DR
DITTMER RESERVE
SPLIT
Next Lap
(10-15yrs)
PALM DR
ROAD CLOSED
ROAD CLOSED
FITZHERBERT PARK
VICTORIA ESPLANADE DR
MANAWATU RIVER

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