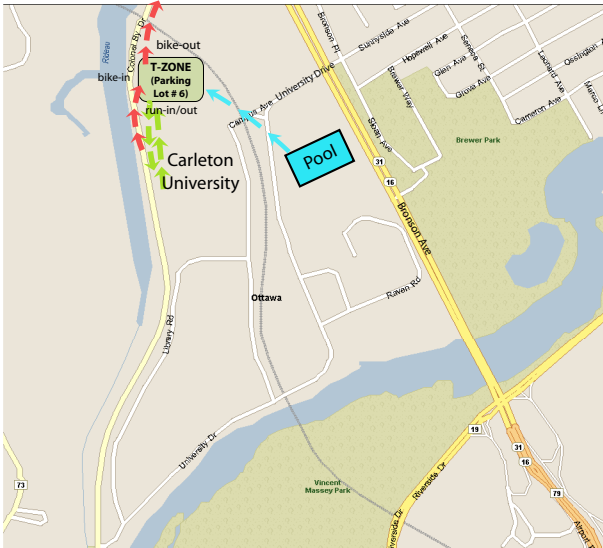
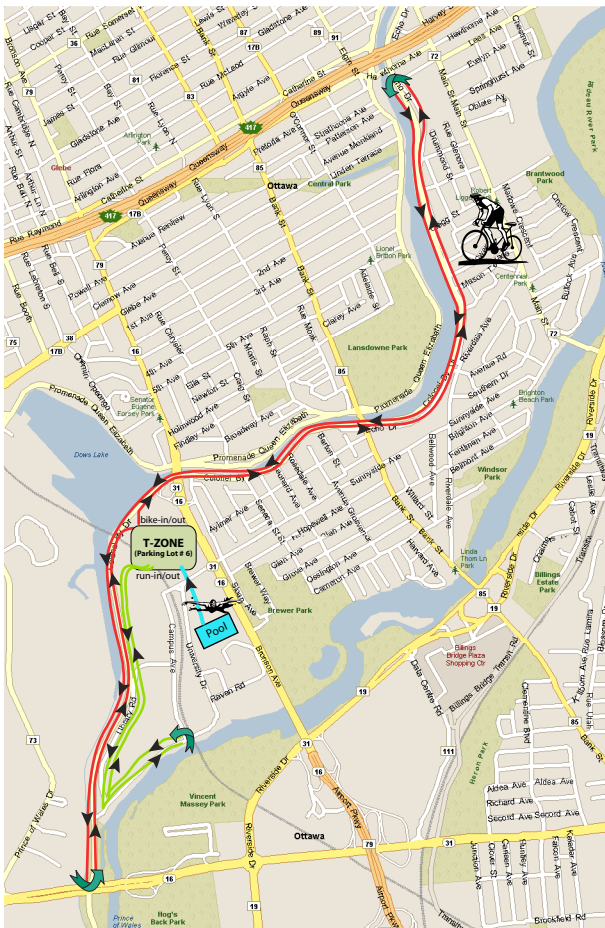


Early Bird Site-Map



Early Bird Sprint



**500 & 100M Triathlon Swims**  
 Swimmers complete a continuous swim over 2 (100M), or 10 (500M) lengths of the pool depending on their race distance. Swimmers leave the pool as they finish the swim, and run to the T-Zone in Parking Lot #6.



**22.2 & 12.1Km Cycle**  
 Cyclists leave the T-Zone onto Colonel By Drive heading North. They turn around at Pretoria Bridge and then travel South to Hog's Back Rd., where they turn around again. The "Try A Tri" participants then exit at the T-Zone, while the Tri and Du participants continue past the T-Zone, and repeat the first lap, before exiting Colonel By at the T-Zone.



**2Km 1st Duathlon Run and 2nd Try A Tri Run**  
 Runners start on Colonel By Drive at Parking Lot #6 and run South to University Dr. where they turn and return to the T-Zone.

**2Km 1st Duathlon Run and 2nd Try A Tri Run**  
 Runners start on Colonel By Drive at Parking Lot #6 and run South to University Dr. where they turn and return to the T-Zone.