



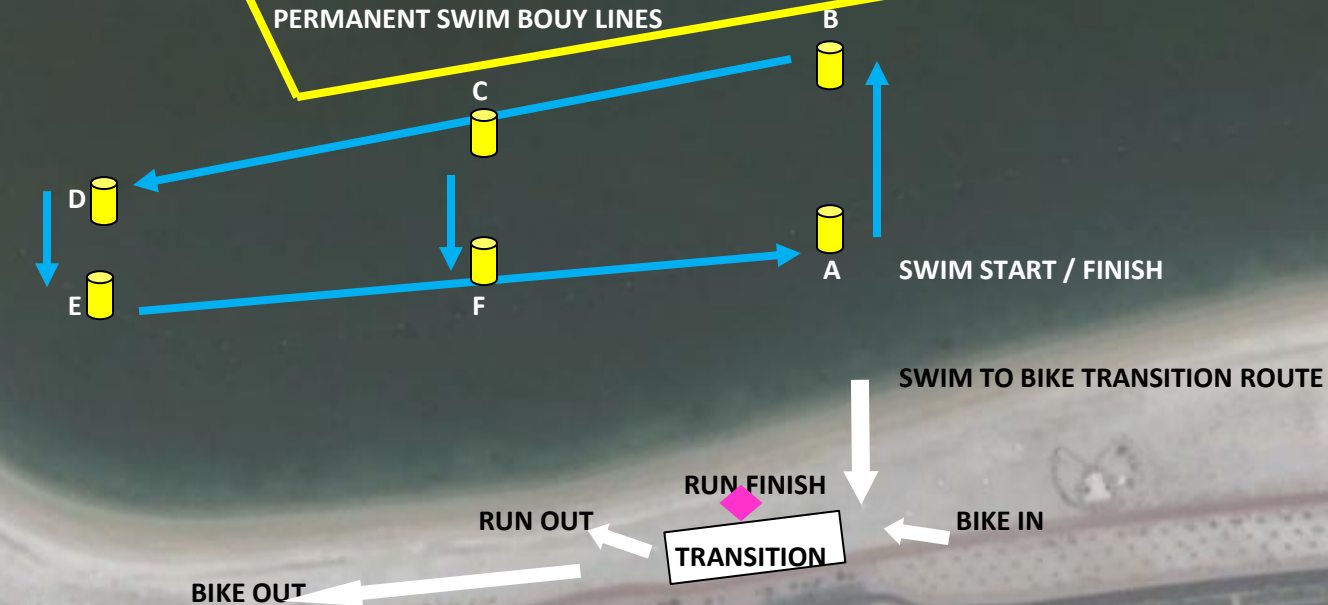
SWIM COURSE

SWIM COURSES

OLYMPIC	2 LAPS: ABDEA	=1500M
SPRINT	1 LAP: ABDEA	=750M
SUPER SPRINT	1 LAP: ABCFA	=375M
JR S. SPRINT	1 LAP: ABA	= 180M

ANTI-CLOCKWISE
ANTI-CLOCKWISE
ANTI-CLOCKWISE
CLOCKWISE

PERMANENT SWIM BOUY LINES



BIKE COURSE





GO GRIT+ SPORT TONIC MAMZAR TRIATHLON



RUN COURSE



Sprint / Olympic – 2.5km – U turn

Super Sprint – 1.25km – U turn

Jr. Super Sprint - 625m – U turn

Start / Finish / Transition

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