SWIM Starting at the Swan Hill Outdoor Pool, swim 50 metres.

BIKE Starting at the Transition Area on Monash Avenue, bike riders will ride south on Monash Avenue to The Gem, do a U-turn and return to the transition area. Distance 2km.

KUN Leaving the transition area, runners will run to the river, past the 10 steps, past the basketball court, turn right at the Riverside Park Cafe, run along the gravel footpath past the fountain and finish in front of the sound shell. Distance 800m.

