

# SPRINT TRI

**SWIM** Starting at the Swan Hill Outdoor Pool, swim 500 metres.

**BIKE** Starting at the Transition Area on Monash Avenue, bike riders will exit transition at the northern end and turn right onto Monash Drive and ride down past the Big 4 Caravan Park entrance, down the hill past the Pioneer Settlement & continue onto Marraboor St. Riders will approach the end of Marraboor St where they will do a U turn and ride back towards the transition area. As riders approach the transition area they will see a U Turn Here sign where riders will turn and complete another lap of the ride course.

Riders need to complete 7 laps of this route before returning to the transition area via the southern entry to finish the ride course. Distance 21.5km

**RUN** Leaving the transition area, runners will head north along the River Walk to the Wetlands in Federal Square, they will run around the Wetlands and then head back towards the park, run past the 10 Steps, enter the BIG 4 Caravan Park and run through the caravan park exiting out the gate at the southern end of the caravan park. They will then continue south along Monash Drive before entering the Pioneer Settlement through the Lower Murray Inn gates, running through the Settlement and out the southern end gate near The Gem. They then run back to Riverside Park via Monash Dr and finish in front of the sound shell. Distance 5km.

