






# Give it a "Tri" Cycle/Run Map

Cycle 1 lap = 2.1km    Run 1 lap = 1.5km

 Transition  Finish
 <b>Cycle Course</b> Let's Give it a TRI 1 lap = 2.1km Out there smashing it 2 laps = 4.2km Super Stars! 3 laps = 6.3km
 <b>Run Course</b> Let's Give it a TRI! 1 lap = 1.5km Out there smashing it! 2 x laps = 3km Super Stars! 3 laps = 4.5km
 <b>Cycle Course</b> Entry for 2nd and 3rd laps

