

**NSW Triathlon STATE CHAMPIONSHIP DUATHLON**

**Sydney Motorsport Park - 11 January 2025**

**SPRINT DISTANCE**

Run: 5 kms (2 Laps)

Bike: 18.6 kms (6 Laps)

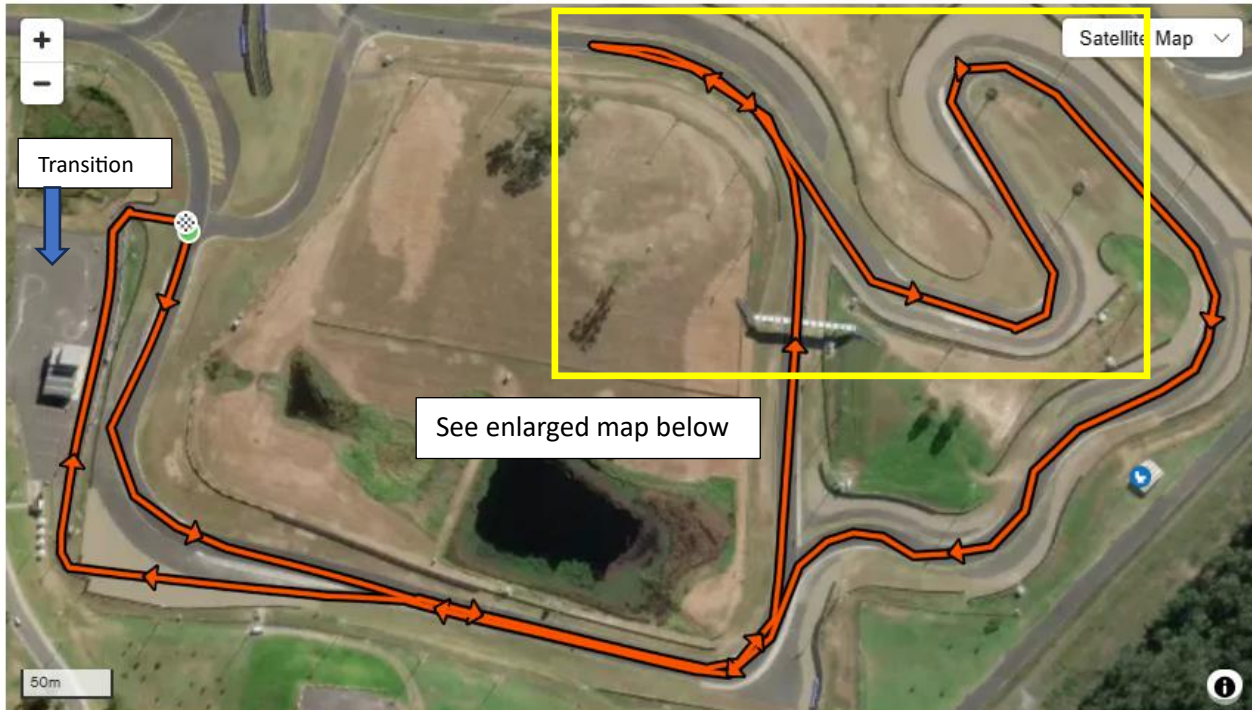
Run: 2.5 kms (1 Lap)

**Transition Map**



## Run: 5 kms (2 Laps)

- The first run leg starts from pit lane
- Two laps are to be completed (5kms in total).
- Turn right to enter the race track (keep to the left hand side as you head out on to the track).
- To complete two laps: head into pit lane (keeping to your left), run through pit lane, cross the finish line and then turn right and head back out onto the race track (keeping to your left as you run up the hill).
- To head into transition for the bike leg, keep left and head into pit lane.
- Turn left just before the finish line to enter transition and commence the bike leg.



## Bike: 18.6 kms (6 Laps)

- Run your bike out of transition until you are out on the track
- When you reach the race track, turn left, mount your bike and commence the first lap of the bike leg.
- After completing six laps (18.6 kms) in a clockwise direction, dismount where you entered the bike course and run into transition to start your final run.



## Run: 2.5 kms (1 Lap)

- Run out of transition, turn left onto pit lane and then turn right onto the race track.
- Keep left as you run up the hill.
- You have 1 lap (2.5km) to the finish line.

