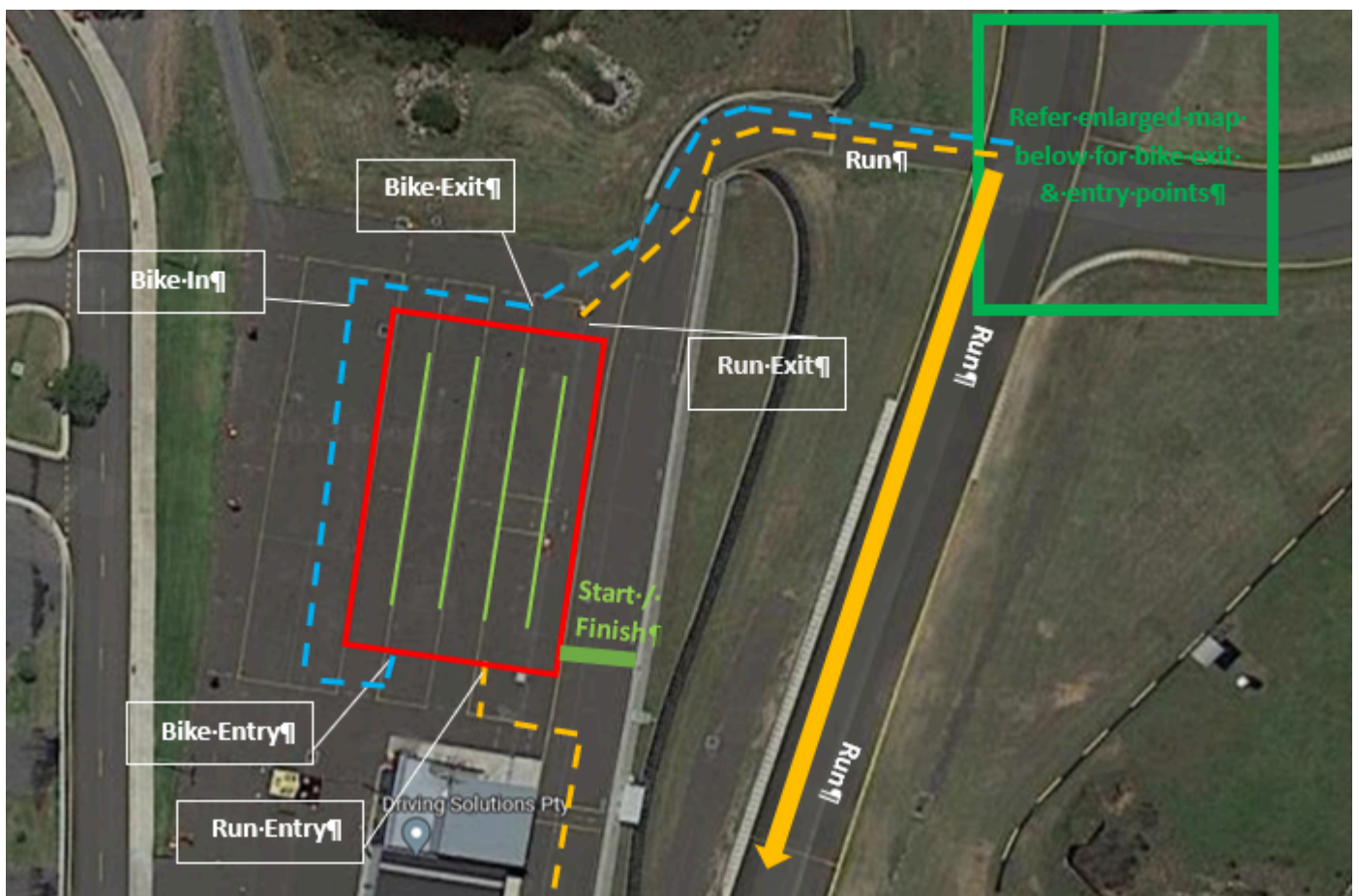


- NSW Triathlon State Championship Duathlon &
  - Aus Triathlon World Championships Qualifying Race for Age Group Multisport World Championships in Abu Dhabi, UAE, November 2026
  - NSW Triathlon Interclub Series - Sydney Premier League & Sydney League One Sydney Motorsport Park - 24 January 2026

### SPRINT DISTANCE

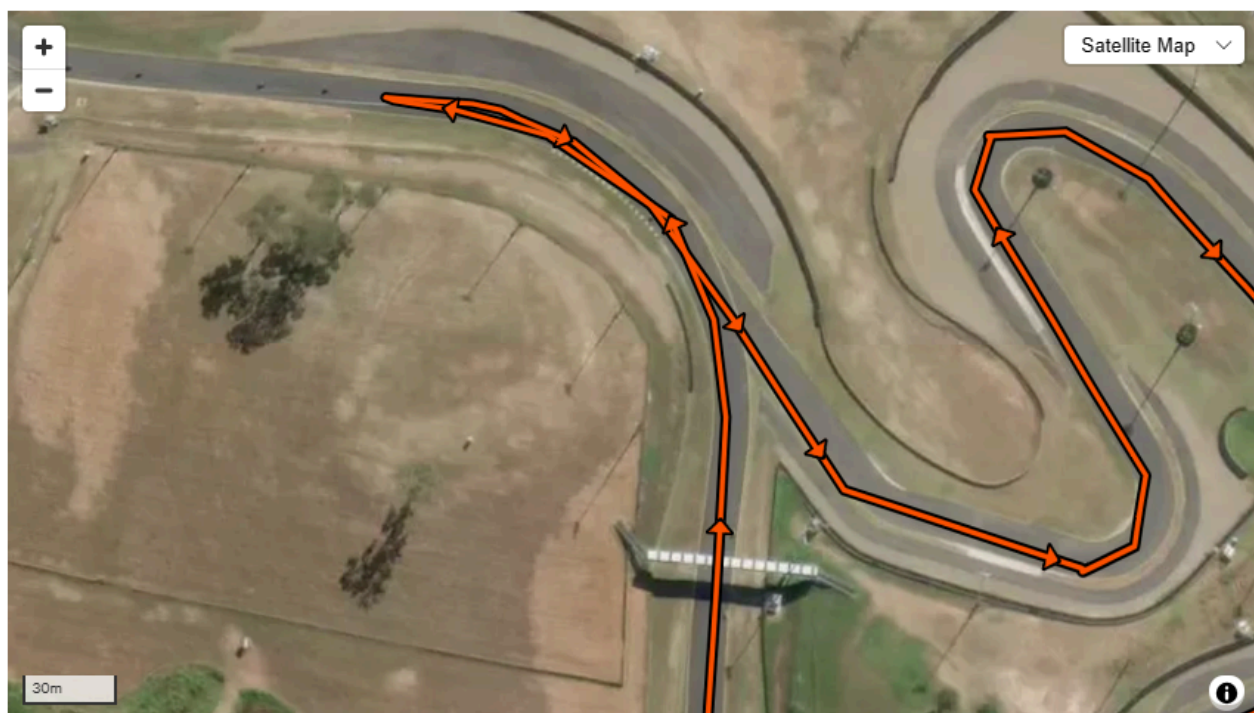
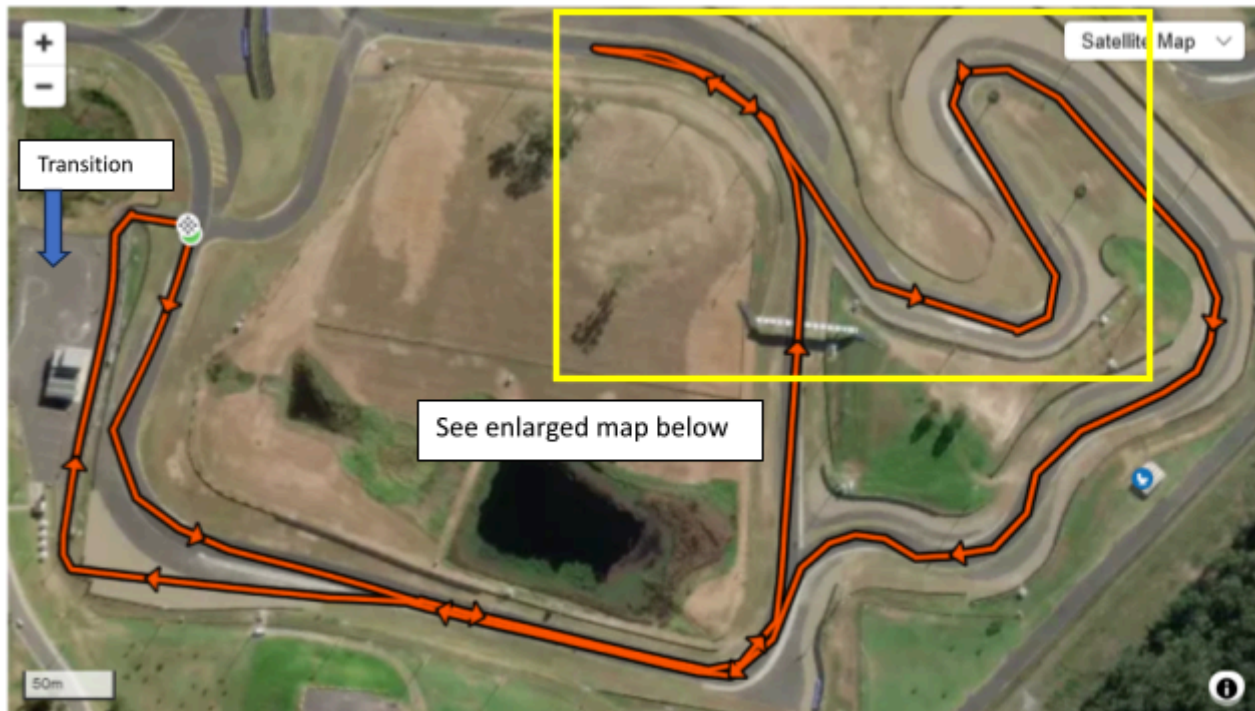
Run: 5 kms (2 Laps)  
Bike: 19.7 kms (7 Laps)  
Run: 2.5 kms (1 Lap)

### 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.

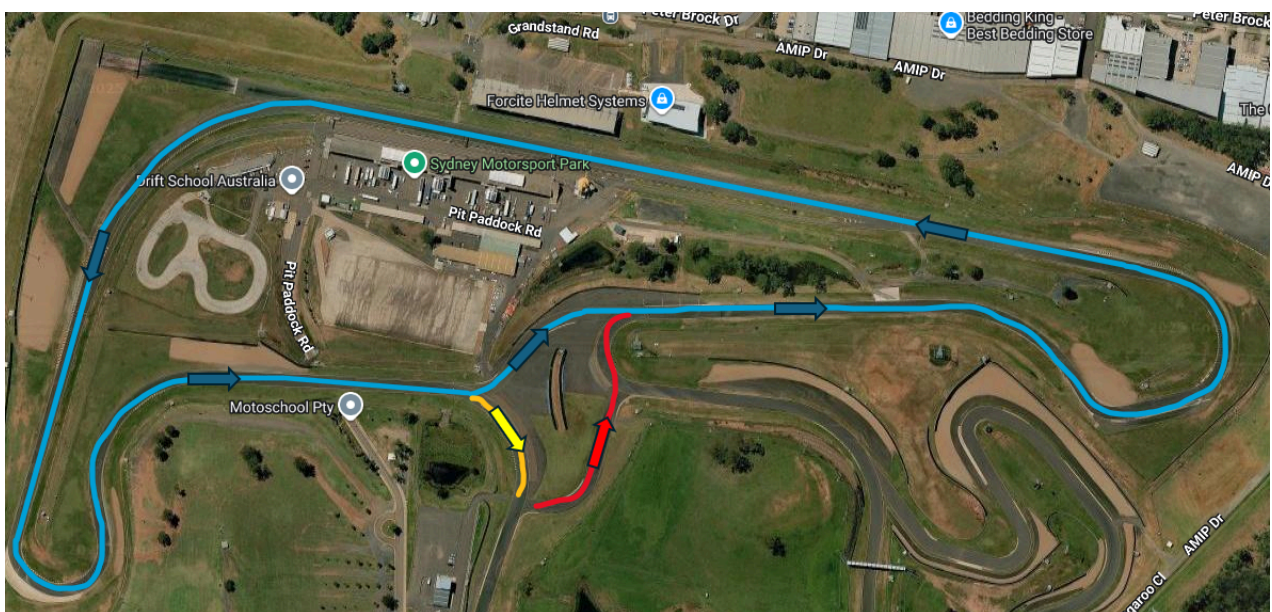
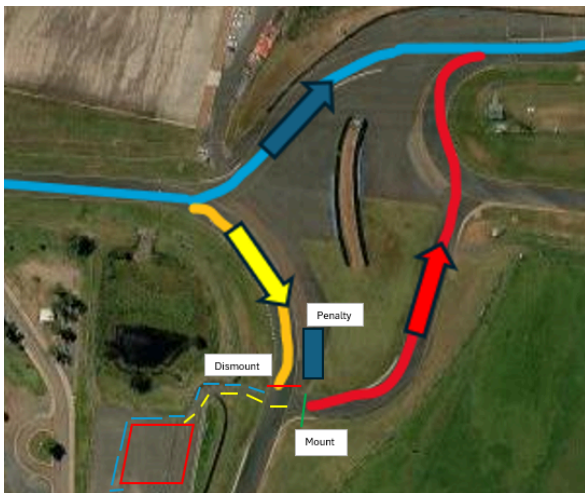




## Bike: 20 kms (7 Laps)

- Run your bike out of transition until you are out on the track
- When you reach the racetrack, walk over to the mount line, mount your bike and ride approximately 200m to join the main circuit and commence the first lap of the bike leg. (Red line - see map below)
- When joining the main circuit (Druitt/North Circuit) merge left when safe ensuring to allow space for any riders already on the circuit, then remain on the left for each lap (Blue line - see map below)
- After completing seven laps (19.7 kms) in an anti-clockwise direction, merge right when coming over the bridge, then turn right off the main circuit and head to the dismount line near where you entered the bike course. Run into transition to start your final run. (Yellow line - see map below)
- First lap approx 2.82km including the entry, following 5 laps approx 2.82km each, final lap approx. 2.72km including exit, total approx. 19.7km
- NOTE: The bike penalty box (blue box) will be to the left side of the dismount. Anyone serving a penalty shall do so on their final lap; dismounting at the penalty box. Once the penalty is served they shall run into transition.

### Bike Mount/Dismount – T1 Exit/T2 Entry Map:



## Run: 2.5 kms (1 Lap)

- Run out of transition and onto the run course. Turn right to enter the race track and commence your run (keep to the left hand side as you head out on to the track).
- Keep left as you run up the hill.
- You have 1 lap (2.5km) to the finish line.

