

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

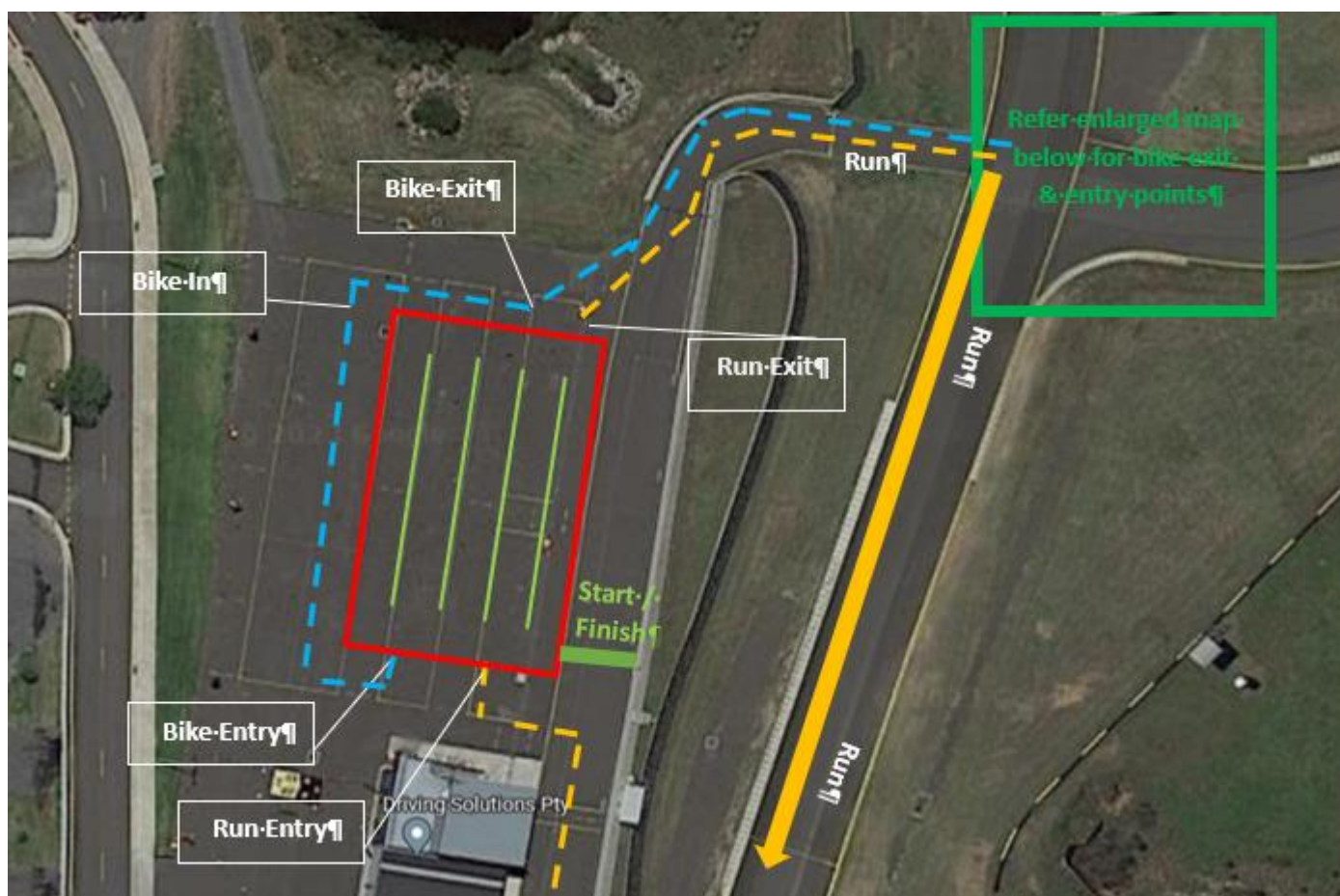
SPRINT DISTANCE

Run: 5 kms (2 Laps)

Bike: 18.12 kms (6 Laps x 3.02km)

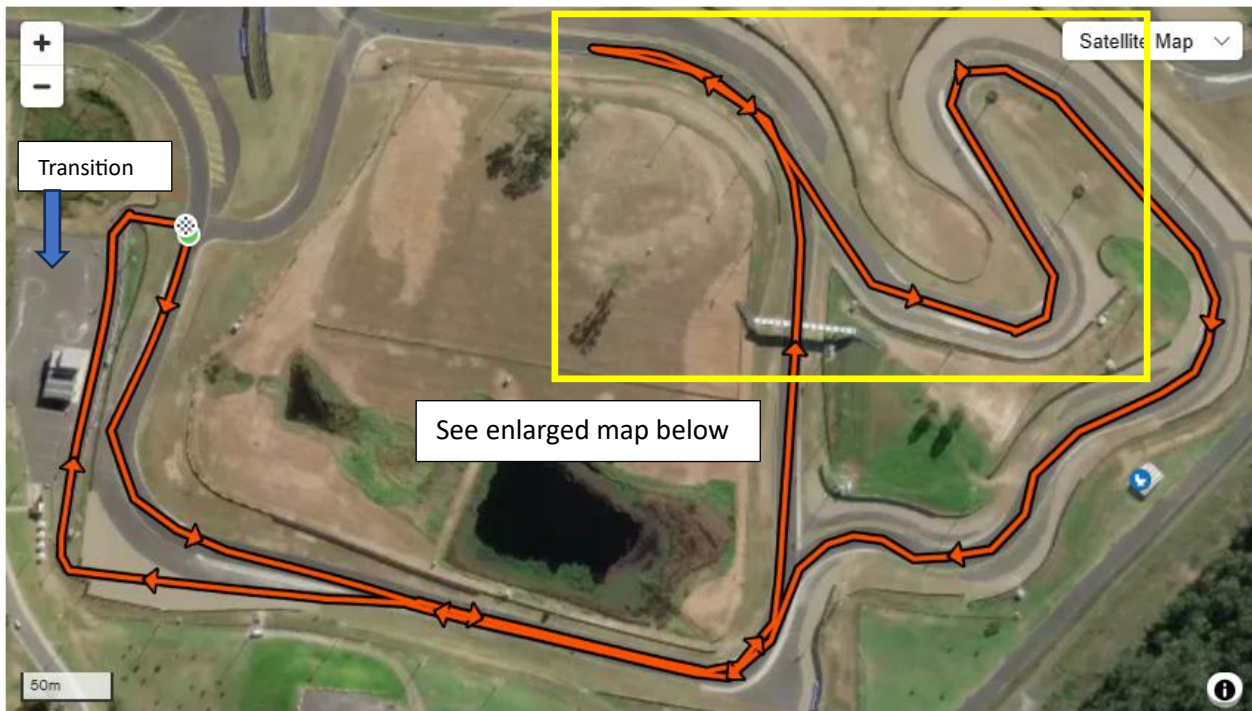
Run: 2.5 kms (1 Lap)

Transition Map



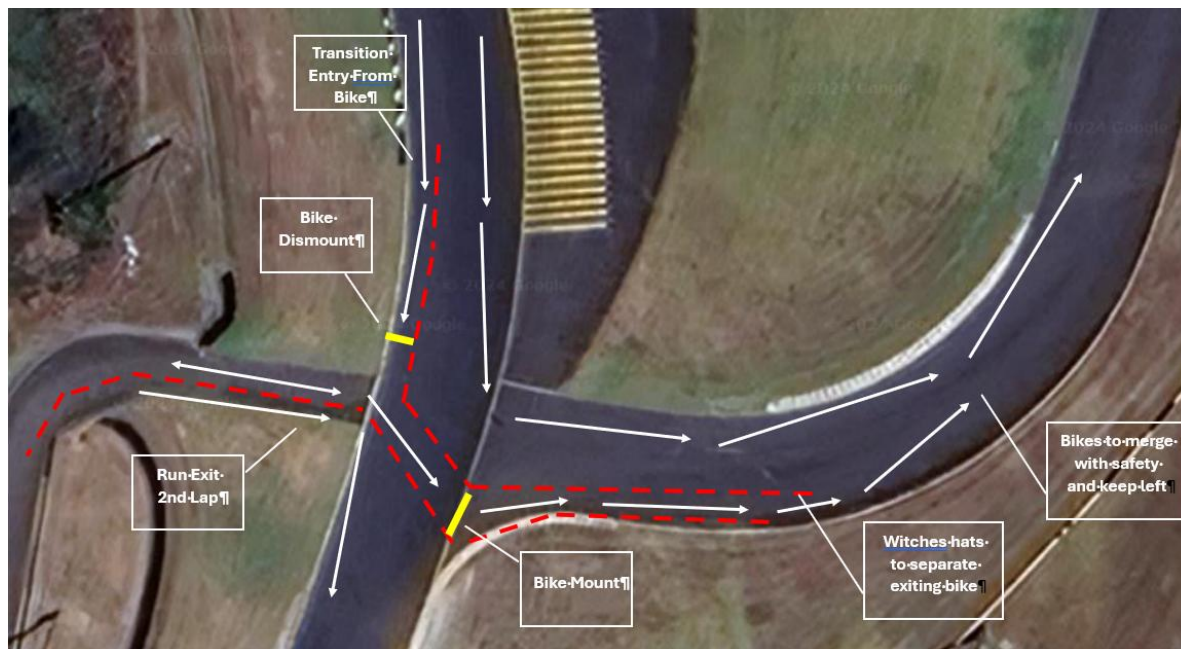
Run: 5 kms (2 Laps)

- 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: 18.12 kms (6 Laps)

- Run your bike out of transition until you are out on the track
- When you reach the race track, walk over to the mount line, mount your bike and commence the first lap of the bike leg.
- After completing six laps (19.2 kms) in an anti-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 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 as you run up the hill.
- You have 1 lap (2.5km) to the finish line.

