

Standard
Swim: 1.5 km (0.75 km x 2 Laps)
Bike: 40 km (6.7 km x 6 Laps)
Run: 10 km (5 km x 2 Laps)

Sprint
Swim: 0.75 km (0.75 km x 1 Lap)
Bike: 20 km (6.7 km x 3 Laps)
Run: 5 km (5 km x 1 Lap)

Course	Swim Course	Bike Course	Run Course
			

