Swim Course (Sprint: 750m, Super Sprint: 300m)

The start is with a run from the shore. The course for the Sprint distance consists of 1 lap around buoys B1 & B2. The swim for the Super Sprint consists again of 1 lap. The participants must swim out to B1 and back in.

Bike Course (Sprint: 20Km, Super Sprint: 10Km)

The bike consists of 6 laps for the Sprint distance and 3 laps for the Super Sprint Distance. There will be no water stations on the bike course.

Run Course (Sprint: 5Km, Super Sprint: 2.5Km)

The run is 4 laps for the Sprint distance and 2 laps for the Super Sprint distance.

The finish line is near the TA.