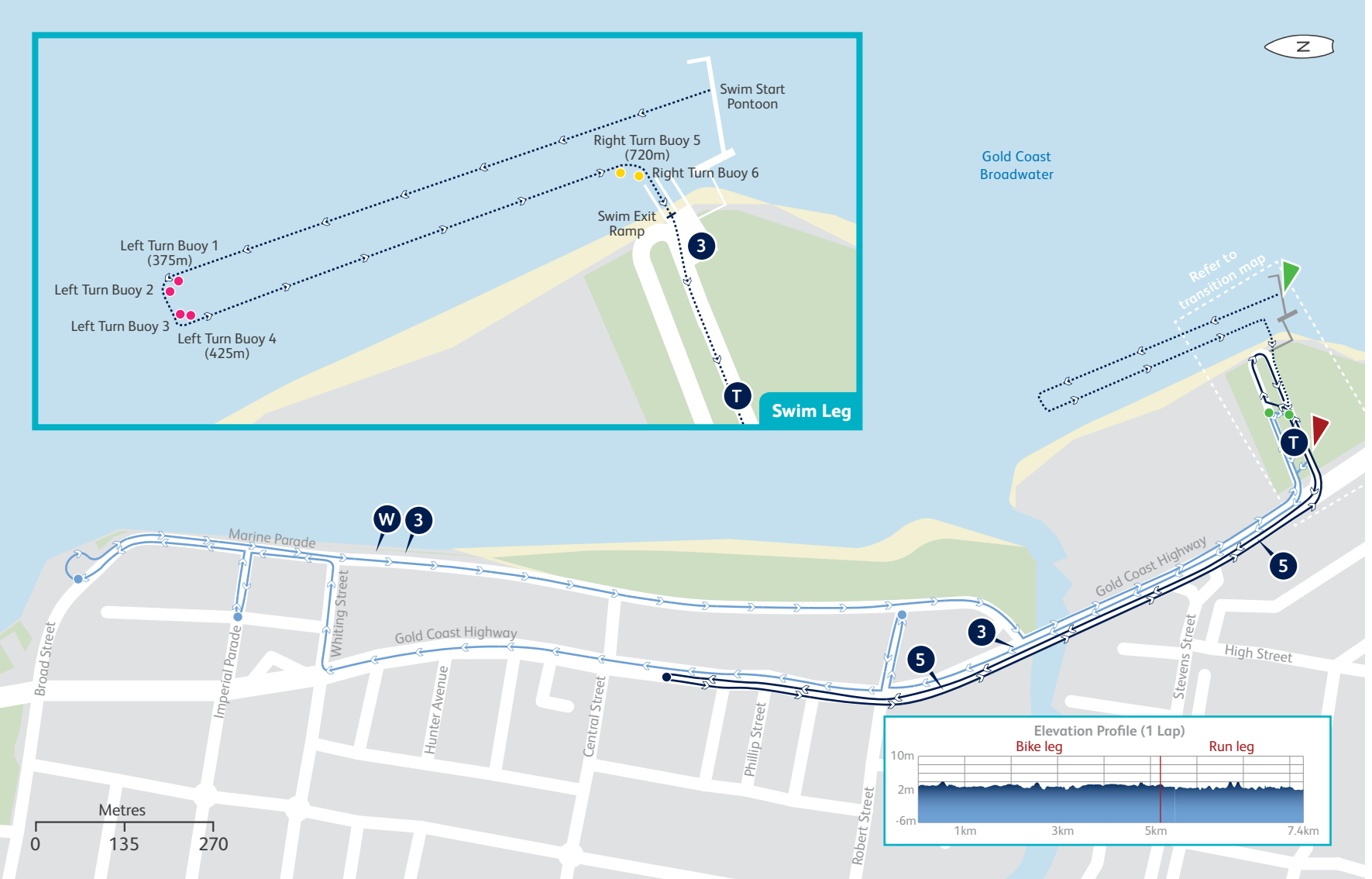

Legend

- Race start
- Race finish
- Swim leg – 750m (1 lap)
- Left turn buoy
- Right turn buoy
- Bike leg – 20km (4 laps)
- Bike turn
- Run leg – 5km (2 laps)
- Run turn
- Next lap/finish
- T Transition
- W Wheel station (neutral)
- 3 Coaches area
- 5 Aid station

Map Number: GOLDOC144.2