
















**Legend**

-  Race start (athlete 1)
-  Race finish
-  Swim leg (athlete 1) 250m (1 lap)
-  Swim leg (athlete 2,3,4) 250m (1 lap)
-  Left turn buoy
-  Right turn buoy
-  Bike leg – 7km (2 laps)
-  Bike turn
-  Run leg – 1.5km (1 lap)
-  Run run turn
-  Next lap/finish
-  Transition
-  Wheel station (neutral)
-  Coaches area
-  Aid station

