
Youth, Juniors, Age Group and Elite
COURSE
ENTRANCE GATE
TO NATIONAL ROUTE N1
Aldam Holiday Resort
TO TRANSITION
TO NEXT EXIT
CARAVAN PARK
RTP
P
Chalets
Chalets
Chalets
P
P
OFFICE
CTP
W
M
FINISH
Chalets
P
Restaurant
BUFFEL
EXIT
T
ENTRANCE
START
SUPERSPRINT SPRINT STANDARD
SWIM 400m - 1 lap 750m - 1 lap 750m - 2 laps
CYCLE 10km - 1 lap 20km - 2 laps 40km - 4 laps
RUN 2.5km - 1 lap 5km - 2 laps 10km - 4 laps
BUFFEL REGISTRATION VENUE
T TRANSITION
CTP CYCLE TURNING POINT
RTP RUN TURNING POINT
M MEDICAL
W WATER POINT
P PARKING