



# NEWCASTLE CITY TRI

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MULTIPLEX



Start 350m swim  
Turn 750m swim

Start 750m  
Finish all swim

Event compound

Start/Finish cycle/run

Turn run

Turn all bikes

# COURSE MAP

- Swim Course | 350m (Enticer) 750m (Sprint)
- Cycle Course | 3.5km (Enticer 3x laps, Sprint 6x laps)
- Run Course | 2.5km (Enticer 1x lap, Sprint 2x laps)

# 20<sup>TH</sup> NOV