

Hueston Woods Triathlon & Duathlon

Tri Olympic: 1500m Swim - 40k Bike - 10k Run

Tri Sprint: 750m Swim - 20k Bike - 5k Run

Du Olympic: 5k Run - 40k Bike - 10k Run

Du Sprint: 5k Run - 20k Bike - 5k Run

★ Police or Rangers

----- Bike Course (Olympic - 40k/24.8mi)

----- Bike Course (Sprint - 20k/12.4mi)

———— Run Course 5k & 10k (1 or 2 laps)

T.A. Transition Area

