

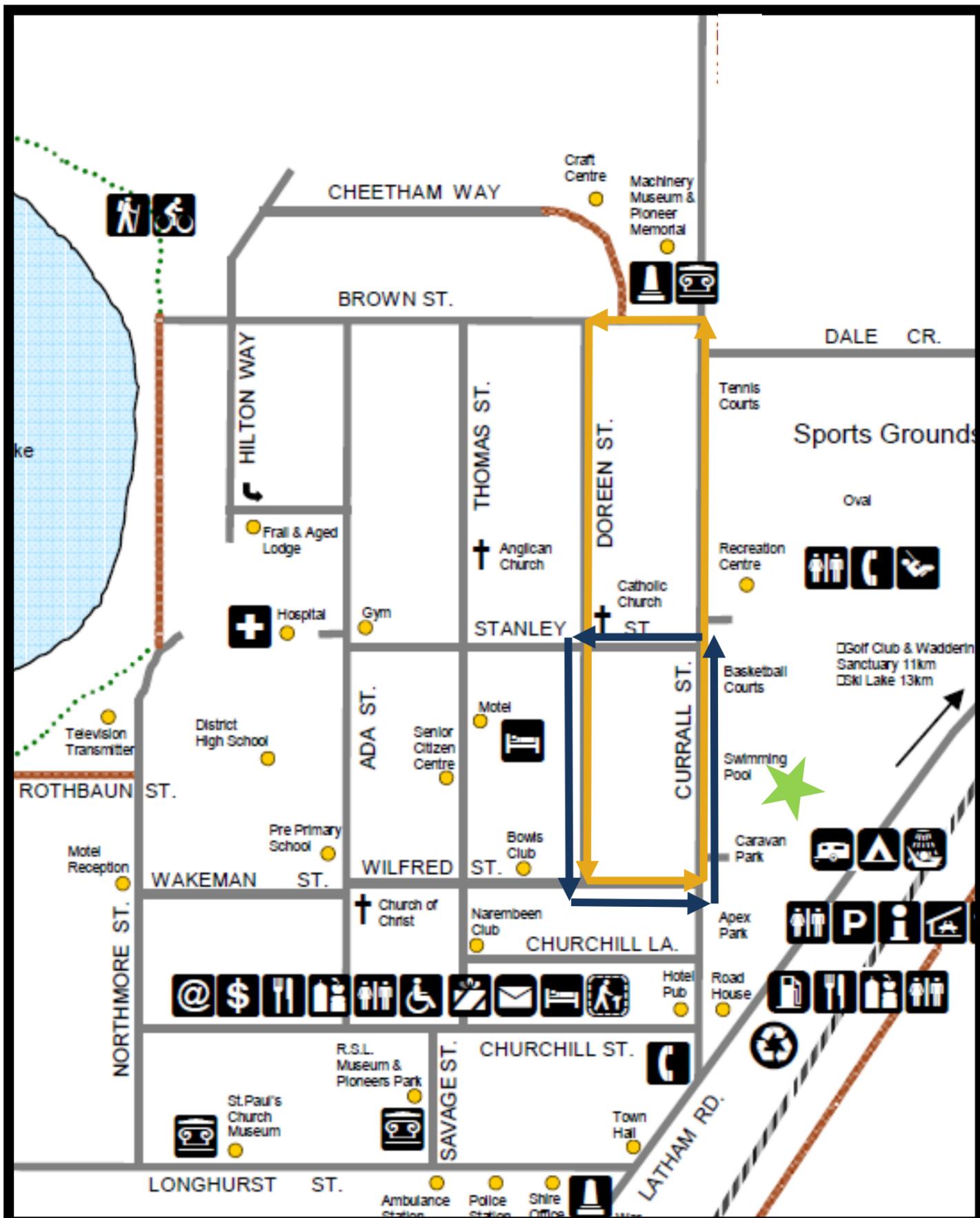
NAREMBEEN TRIATHLON COURSE

Little Athletes (Kind, PP, Year 1—2)

1. 50m swim (2 laps Narembeen Swimming Pool) 

2. 1.25km bike (1 lap course) 

3. 650m run (1 lap course) 



Ambulance & First Aid Point @ Narembeen Swimming Pool

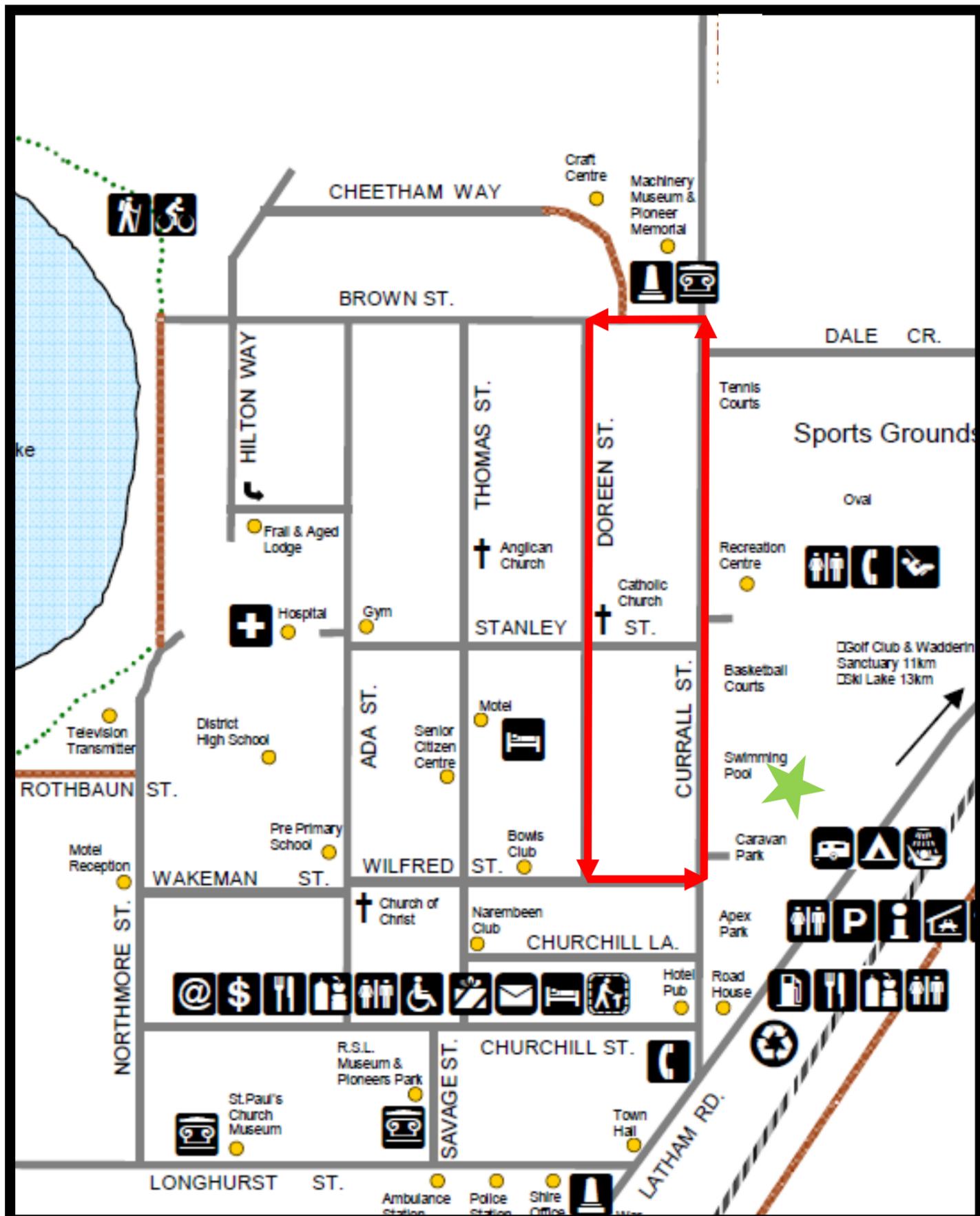
NAREMBEEN TRIATHLON COURSE

Bigger Athletes (Year 3 –6) & High School Athletes (Year 7 –10)

1. 100m swim (4 laps Narembeen Swimming Pool) 

2. 2.5km bike (2 laps course) 

3. 1.25km run (1 lap course) 

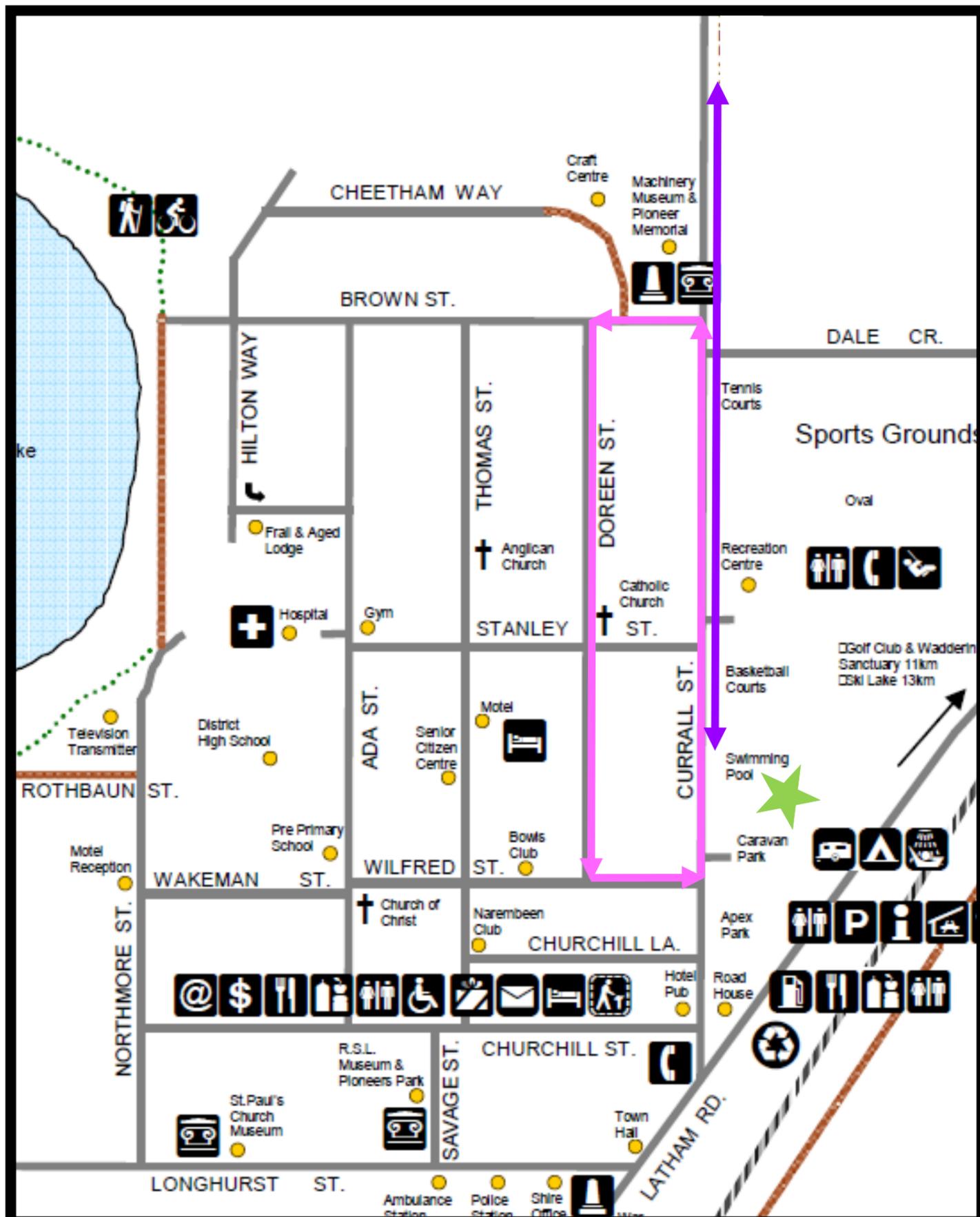


Ambulance & First Aid Point @ Narembeen Swimming Pool

NAREMBEEN TRIATHLON COURSE

Open Short Course (Individuals & Teams)

1. 200m swim (4 laps Narembeen Swimming Pool) 
2. 5km bike (1 lap course - 2.5km out on Merredin - Narembeen Rd) 
3. 1.25km run/walk (1 lap course) 

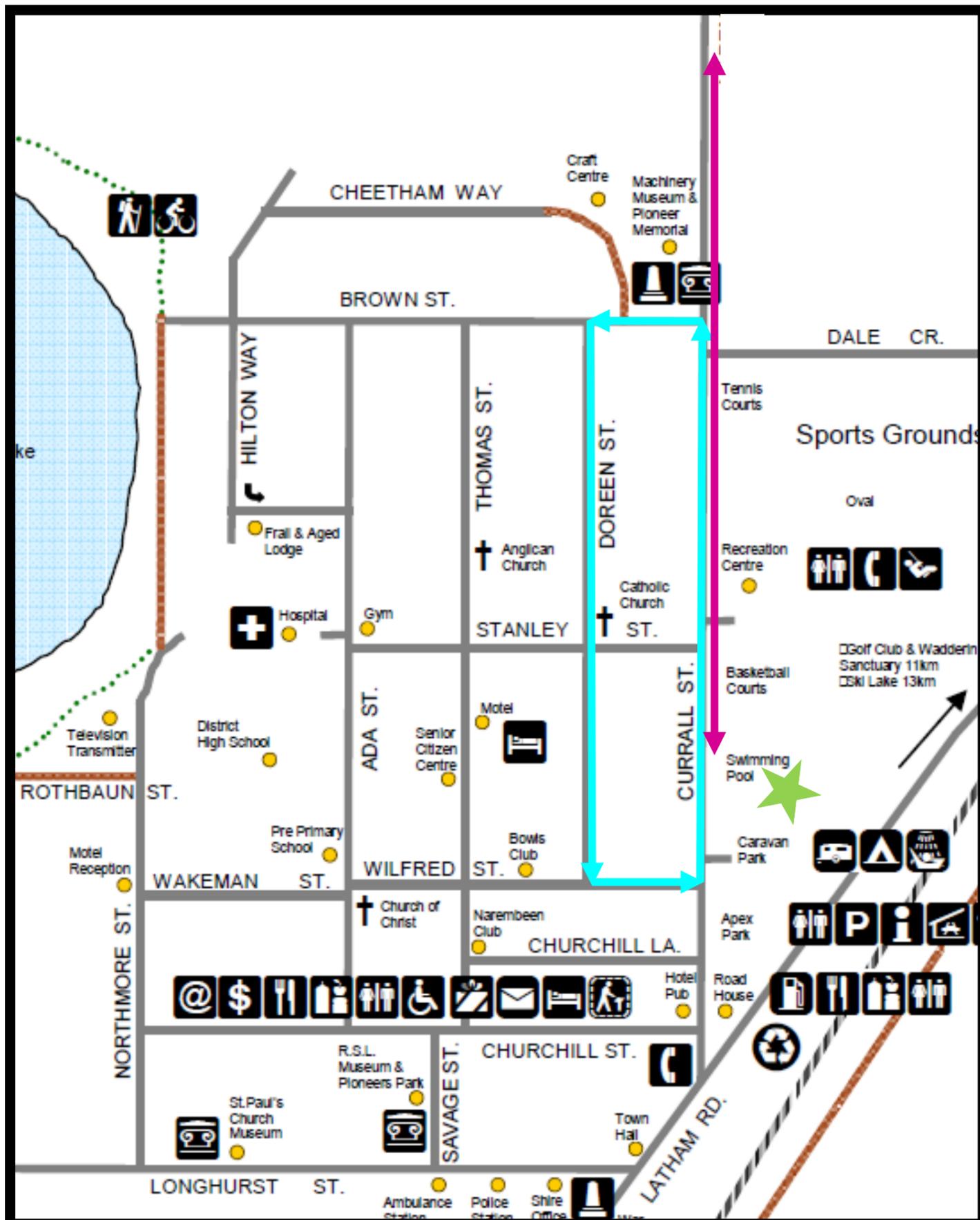


Ambulance & First Aid Point @ Narembeen Swimming Pool

NAREMBEEN TRIATHLON COURSE

Open Medium Course (Individuals & Teams)

1. 375m swim (15 laps Narembeen Swimming Pool) 
2. 10km bike (2 laps of course - 2.5km out on Merredin - Narembeen Rd) 
3. 2.5km run (2 laps course) 

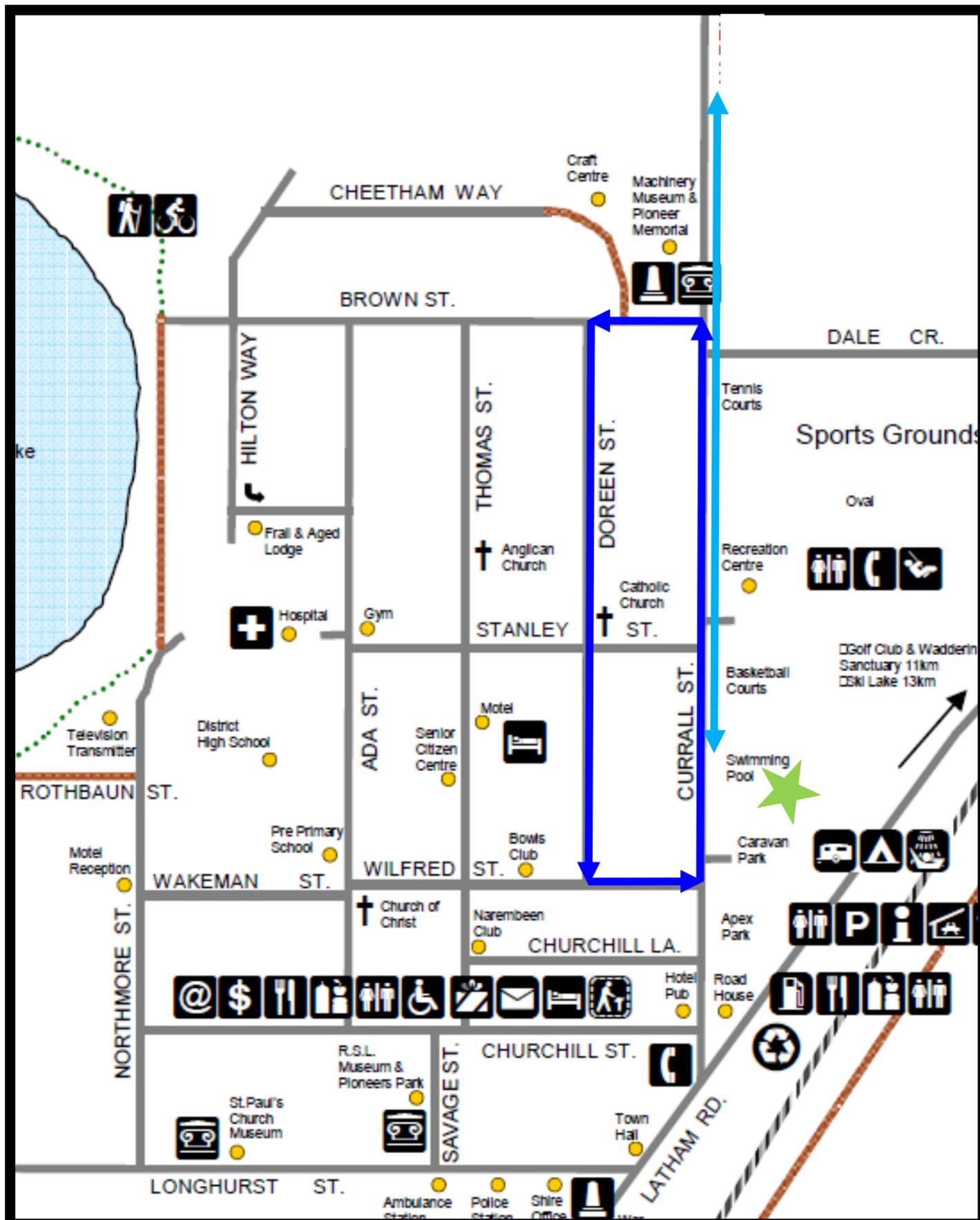


Ambulance & First Aid Point @ Narembeen Swimming Pool

NAREMBEEN TRIATHLON COURSE

Open Enduro (Individuals & Teams)

1. 375m swim (15 laps Narembeen Swimming Pool) 
2. 10km bike (2 laps of course - 2.5km out on Merredin - Narembeen Rd) 
3. 2.5km run (2 laps course) 
4. Repeat Steps 1—3



Ambulance & First Aid Point @ Narembeen Swimming Pool