



**LEGEND**

- Swim Course**
  - Cairns Pool
  - 50m 7-10 / Family
  - 100m 11-13 - 2 laps
- Cycle Course**
  - 1km 7-10 / Family Run
  - 3km 11-13 Run
- Run Course**
  - 500m 7-10 / Family Run
  - 1km 11-13 Run
- R** Registration
- S** Start
- T** Transition
- F** Finish

