



# ELITE ENDURO COURSE



**Caloundra Triathlon  
Race 5  
Gatorade Queensland Tri Series ( QTS)  
Sunday February 7th 2010**

**ELITE ENDURO EVENT**

Schedule	
5.15am	QTS Rego/Transition open
6.15am	QTS Rego Closed
6.45am	START - Gatorade Qld Tri Series
8.30am	<b>ELITE REGO/TRANSITION OPENS</b>
9.35am	<b>ELITE ENDURO FEMALE START</b>
10.25am	<b>ELITE ENDURO MALE START</b>
11.15am	QTS - Presentations

Course - Elite Enduro		
Swim 1	..... 300m	straightline swim, deep water start
Cycle 1	———— 7km	5 laps x 1400m
Run 1	..... 1800m	5 laps x 360m
Swim 2	- - - - 250m	triangle course, beach entry/exit
Cycle 2	———— 7km	5 laps x 1400m
Run 2	..... 1800m	5 laps x 360m

- Registration - Elite Enduro
- Transition - Elite Enduro