



7-8 Course

- * 100 meter Swim (4 lengths) at ISB Pool
 - After swim put on helmet, clothes and shoes on the pool deck
- * 200 m from pool along Aux Gym to back of tennis courts
 - Transition to Bike in front of B&G building
- * 2.5km Bike (once around the lake)
 - T1 behind the tennis courts, T2 at Chevron parking
 - Bike along service road to front of school, go around fountain
 - Exit ISB, turn right, in front of the Nichada roundabout
 - Cross to the left hand side at the cross walk
 - Bike once around the lake (counter clock-wise), stay left
 - Enter ISB through the left gate
 - Enter transition T2 at Chevron car parking
- * 600 meter Run
 - from T2 turn left and follow the road to the back of school
 - stay on the road, turn right after the tennis courts
 - along the tennis courts and the back of gym towards track
 - Go onto track and to finish line

