



Main Arena

Ultimate swim
4 laps = 2.4 miles

Ultimate bike
4 laps = 112 miles

Ultimate run
6 laps = 26.2 miles

Ultimate ½ swim
2 laps = 1.2 miles

Ultimate ½ bike
2 laps = 56 miles

Ultimate ½ run
3 laps = 13.1 miles

Ultimate ¼ swim
1 lap = 0.6 miles

Ultimate ¼ bike
1 lap = 28 miles

Ultimate ¼ run
4 laps = 6.2 miles
(Short course)

- ❖ Onsite parking, limited camping, toilets, café, registration & main arena
- ❖ Fresh Water Lake swim – clear water - no weed - excellent multi lapped bike course - flat multi lapped run course