



ChillOut! | The Sunday Times
TADPOLES

HILLARYS TRIATHLON 1 18 DECEMBER 2011

- S** → → → SWIM COURSE
100M - 1 LAP
- B** → → → **FOURTY** BIKE COURSE **FOURTY**
3KM - 1 LAP
- R** → → → RUN COURSE
500M - 1 LAP



TELSTRA
triathlon series
2011/12

HILLARYS TRIATHLON 1 TADPOLES

- S** → → → SWIM COURSE
100M - 1 LAP
- B** → → → BIKE COURSE
3KM - 1 LAP
- R** → → → RUN COURSE
500M - 1 LAP
- W** WATER STATION
- BA** BRIEFING
- PS** PRESENTATION STAGE
- T** TRANSITION AREA
- RG** REGISTRATION

