

2009 GOLD COAST ITU TRIATHLON WORLD CHAMPIONSHIPS

ELITE

Junior course - Sprint

U23 course - Olympic

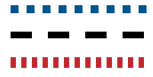
Elite course - Olympic

OLYMPIC

Swim - 1500m : 2 laps

Cycle - 40km : 8 laps x 5km

Run - 10km : 4 laps x 2.5km

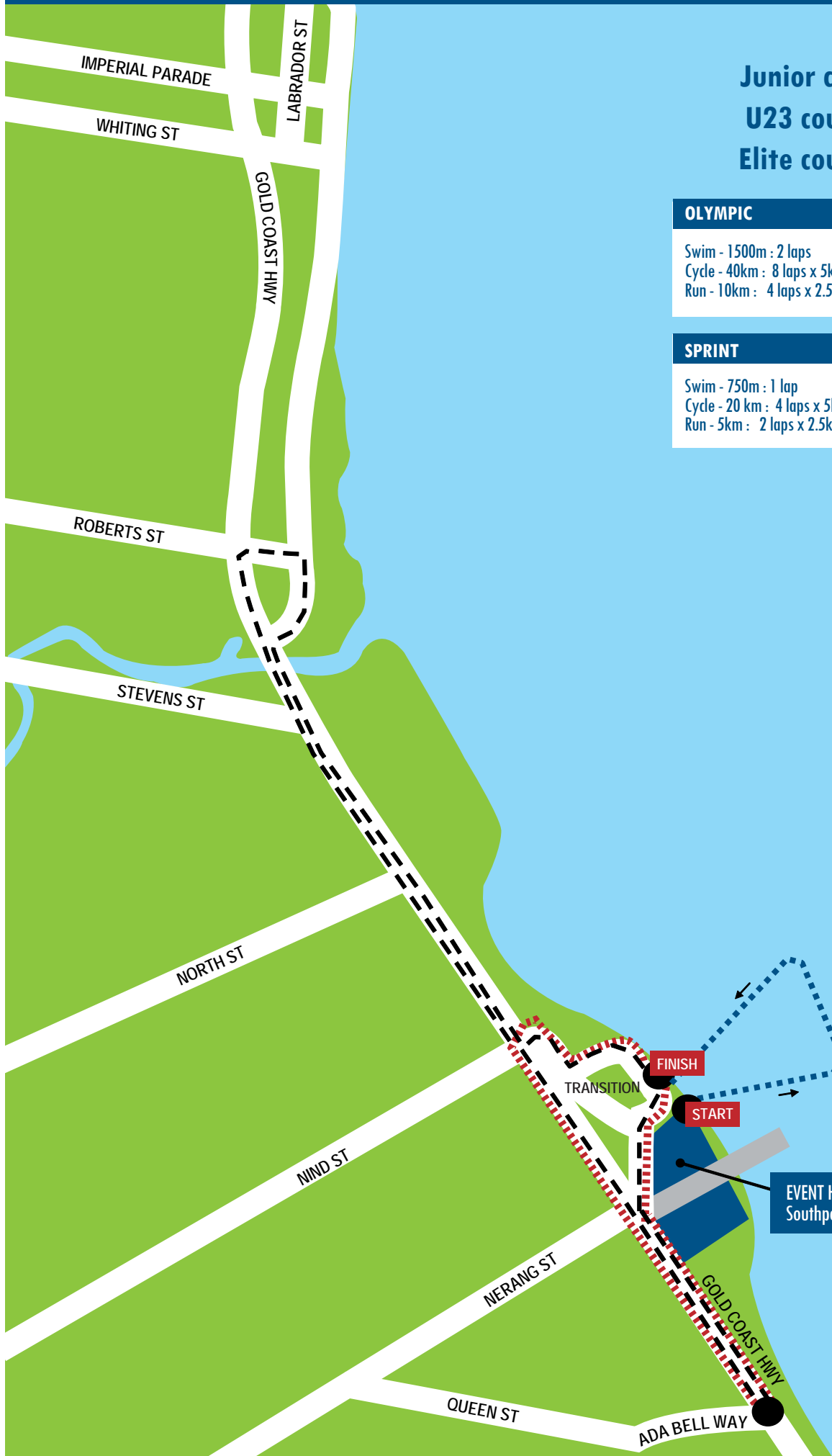


SPRINT

Swim - 750m : 1 lap

Cycle - 20 km : 4 laps x 5km

Run - 5km : 2 laps x 2.5km



EVENT HEADQUARTERS
Southport Broadwater Parklands

