Tre-X
OFF ROAD TRIATHLON SERIES

Qld Back 2 Back Course Map

SHORT COURSE:
- 350 Swim
- 10km XC MTB (2x 5km laps)
- 4km Trail Run (1 x 4km lap)

TEASER COURSE:
- 150 Swim
- 5km XC MTB (1x 5km laps)
- 1km Trail Run (1 x 1km lap)

DIRT KIDS:
- 50 Swim
- 3km XC MTB (1x 3km lap)
- 500m Trail Run (1 x 500m lap)

LONG COURSE:

Saturday PM:
- 500 Swim
- 15km XC MTB (3 x 5km laps)
- 6km Trail Run (1 x 6km lap)

Sunday AM:
- 500 Swim
- 51km XC MTB (3 x 5km laps)
- 6km Trail Run (1 x 6km lap)