

# 2026 KINLOCH TRI - SWIM COURSES

## Saturday

Aquathlon - Green course U19 (500m)  
& Age Group x 2 laps (1km)

Aquathlon - Red course U16 (250m)

## Sunday

1x lap White course for Sprint (750m)

2x laps White course for Erin Baker & AquaBike (1.5km)

1x, 2x or 4x laps White course for Open water swim (750m/1.5km/3.0km)

Splash & Dash - Red course (100m) parallel to beach

U16 Tri Series Try-A-Tri

- Red course (300m)

LARGE TURN BUOY

Besides white buoy Sat & Sun

RAFT

TRANSITION

PERMANENT  
WHITE BUOYS

LARGE TURN BUOY

Saturday only

PERMANENT RED  
& WHITE BUOY

LARGE TURN BUOY

Sunday only

SEVEN OAKS

NOT TO SCALE

# 2026 KINLOCH TRI - BIKE COURSES

Standard Distance and Aquabike  
4 x 10km = 40km  
- Red course  
Sprint 2 x 10km = 20km  
- Red course

SEVEN OAKS

SEVEN OAKS DRIVE

TOP OF HILL

MONTGOMERY

OAKDALE

LISLAND

LISLAND

Youth & Try-A-Tri Events  
(2x 5km = 10km)  
- Yellow course

TRANSITION



# 2026 KINLOCH TRI - RUN COURSES

Erin Baker Standard & Aquabike - 4 x 2.5km = 10km  
Sprint Races - 2 x 2.5km = 5km  
Youth & Try-A-Tri - 1 x 2.5km = 2.5km

BIKE COURSE  
SEE OTHER MAPS

WATER STOP

2.5KM RUN LAP

ON GRASS

GRAVEL TRACK

Aquathlon Saturday  
(all on grass) - U16 & U19 2 x  
1.25km laps = 2.5km  
Age Group 4 x 1.25km laps  
= 5km

Splash & Dash = 1 x 1km lap  
(All on Grass)

SWIM COURSES SEE OTHER MAPS

EVENT PARKING

REGISTRATION SATURDAY. IN  
TRANSITION AREA ON SUNDAY.

WATER STOP

SHOPS

TRANSITION

ACCESS ROUTE  
TO PARKING

SEVEN OAKS

# 2026 TRANSITION, REGISTRATION & PARKING

**RUNS: OUT & BACK  
AQUATHLON, SPLASH & DASH**

**REGISTRATION  
SATURDAY  
AT KINLOCH HALL  
& PARKING**

**WATER STOP**

**SHOPS**

**BIKE LAP TURN AT  
END OF EACH LAP**

**NO VEHICLE  
ACCESS ON  
SUNDAY**

**U16 AQUATHLON,  
SPLASH & DASH,  
TRY-A-TRI SWIM  
- Along Beach**

**2.5KM RUN LAP TURN**

**MOUNT &  
DISMOUNT**

**TOILETS**

**RUN LAST LAP  
TO FINISH**

**REGISTRATION  
SUNDAY**

**TRANSITION**

**BIKE EXIT &  
RETURN**

**PRIZE GIVING**

**SWIM ENTRY**

**FINISH**

**RUN EXIT**

**EVACUATION POINT**

**SWIM START &  
FINISH FOR SWIMS  
COURSES 500M  
AND LONGER**

**MEDICAL  
TENT**

**SEVEN OAKS**