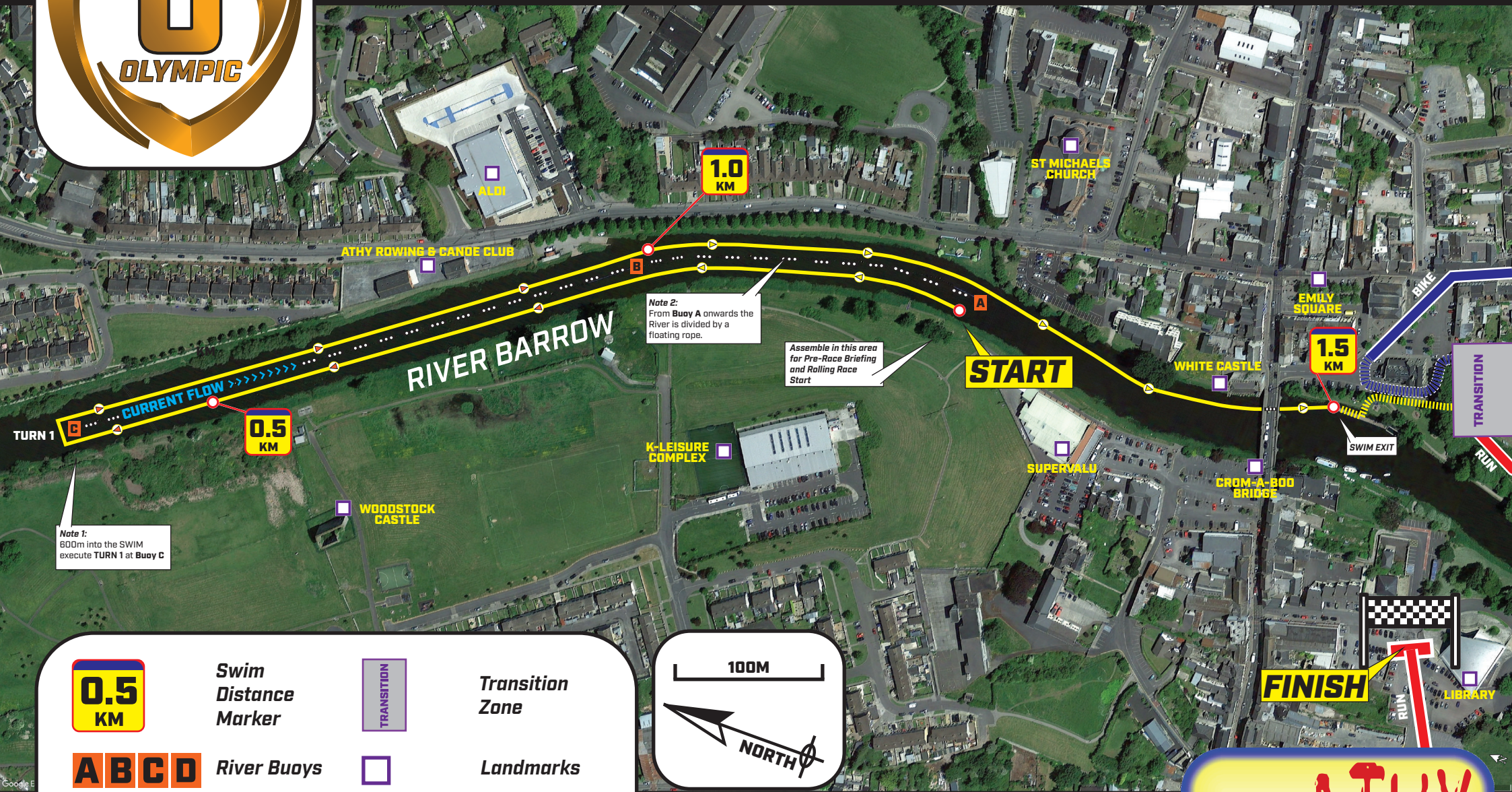




 1,500m



Note 1:  
600m into the SWIM  
execute TURN 1 at Buoy C

Note 2:  
From Buoy A onwards the  
River is divided by a  
floating rope.

Assemble in this area  
for Pre-Race Briefing  
and Rolling Race  
Start

**0.5**  
KM

Swim  
Distance  
Marker

TRANSITION

Transition  
Zone

**A B C D**

River Buoys

□

Landmarks

Swim Route

Swim Route

T1 IN Route

T1 IN Route

Cycle Route

Cycle Route

T1 OUT Route

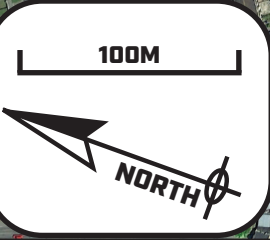
T1 OUT Route

Run Route

Run Route

T2 OUT Route

T2 OUT Route



**SWIM**

**TRIATHY**  
FORTITUDINE-VINCIMUS  
30th MAY 2026