

Castle Triathlon Series, Lough Cutra Castle Triathlon, Irish Mixed Relay Club Championships, and Triathlon Ireland Youth Series

NOTES

- 1. Transition to Main gate: 1.5km**
- 2. 14-15 years:** 2 laps of the 4.8km course outside the main entry gate of the castle.
- 3. 12-13 years:** 1 lap of the 4.8km course outside the main entry gate of the castle.

Key

- 14-15 years Swim Route (500)
- 12-13 years Swim Route (400)
- Mixed Relay Swim Route (250m)
- Youth Series Cycle Route (12.6km and 4km)
- Mixed Relay Cycle Route (5km)
- 14-15 years Run Route (2.5km)
- 12-13 years Run Route (1.8km)
- Mixed Relay Run Route (1.5km)
- Swim Start/Finish
- Swim Finish/Start

