

IRC's Duathlon Maps and Schedule

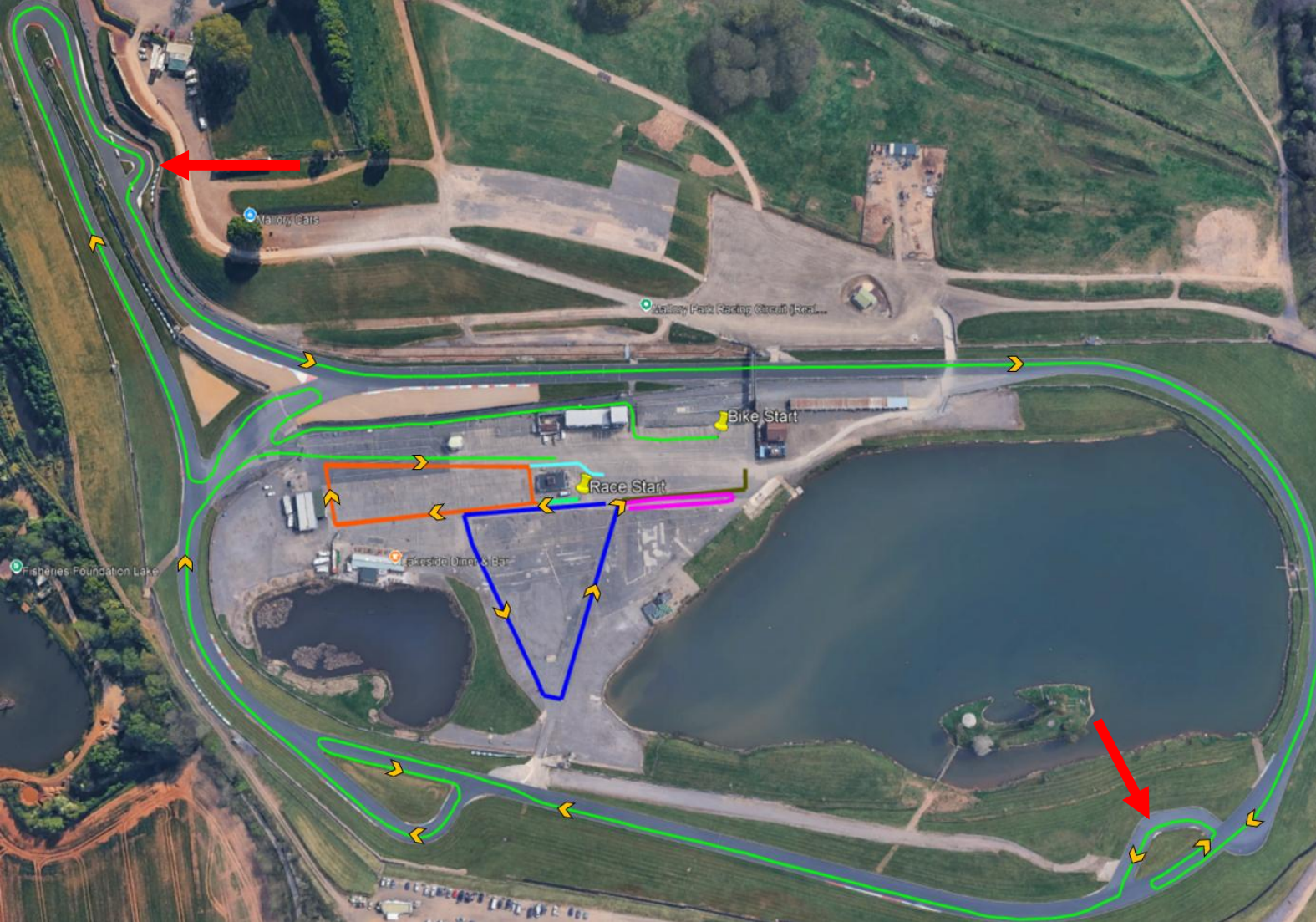
Mallory park- 2026

Updated Heats Schedule

07:30	08:10	TriStar Registration
07:40	08:15	TriStar 2+3 Rollouts
07:45	08:30	TriStar 2 + 3 Transition Check In
08:15	08:30	TriStar 2+ 3 Bike Familiarisation
08:35		TriStar 2 to Run 1 Start - Briefing
08:45	08:48	TriStar 2 Heats - Duathlon
08:45		TS2 Open Heat 1
08:55		TS2 Open Heat 2
09:05		TS2 Girls Heat 1
09:00	10:10	Youth A registration (Female and open)
09:15		TriStar 3 to Run 1 Start - Briefing
09:15		TS2 Girls Heat 2
09:25	09:38	TriStar 3 Heats - Duathlon
09:25		TS3 Open Heat 1
09:30	09:50	Youth A - Roll outs
09:35		TS3 Open Heat 2
09:45		TS3 Girls Heat 1
09:40	10:10	Youth A - Transition Check in
09:55		TS3 Girls Heat 2

Updated Finals Schedule

11:30	11:40	Tristar Transition Reset for Finals
12:00		TriStar 2 to Run 1 Start - Briefing
12:10	12:55	TriStar 2 FINALS - <u>DUATHLON</u>
12:10		TS2 Open Final A
12:19		TS2 Open Final B
12:28		TS2 Girls Final A
12:10		TriStar 3 to Run 1 Start - Briefing
12:37		TS2 Girls Final B
12:46	13:26	TriStar 3 FINALS - <u>DUATHLON</u>
12:46		TS3 Open Final A
12:55		TS3 Open Final B
13:04		TS3 Girls Final A
13:13		TS3 Girls Final B



Run 1 – 600m

2 laps clockwise

Orange run loop (270m per lap)

Bike – 2.9km

1 lap clockwise

Green

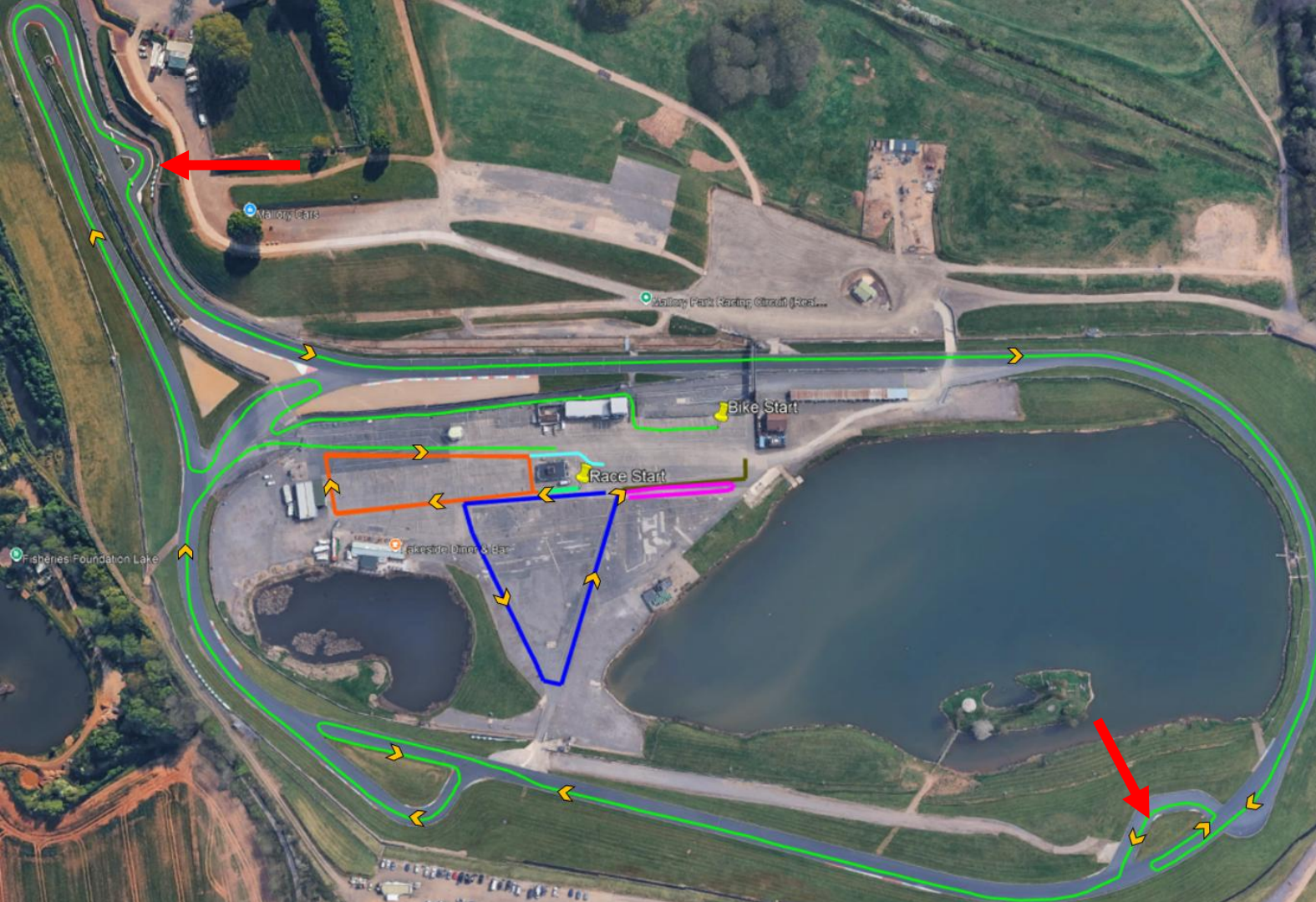
Run 2- 800m

2 laps anticlockwise

Navy Blue (300m per lap)

TriStar 2 Duathlon Course

Race running on wet weather protocols - chicanes at top of hill and bottom of lake will be removed (see red arrows) and bike course will flow straight through those sections



Run 1 – 870m

3 laps clockwise

Orange (270m per lap)

Bike – 2.9km

1 lap clockwise

Green

Run 2- 800m

2 laps anticlockwise

Navy Blue (300m per lap)

TriStar 3 Duathlon Course

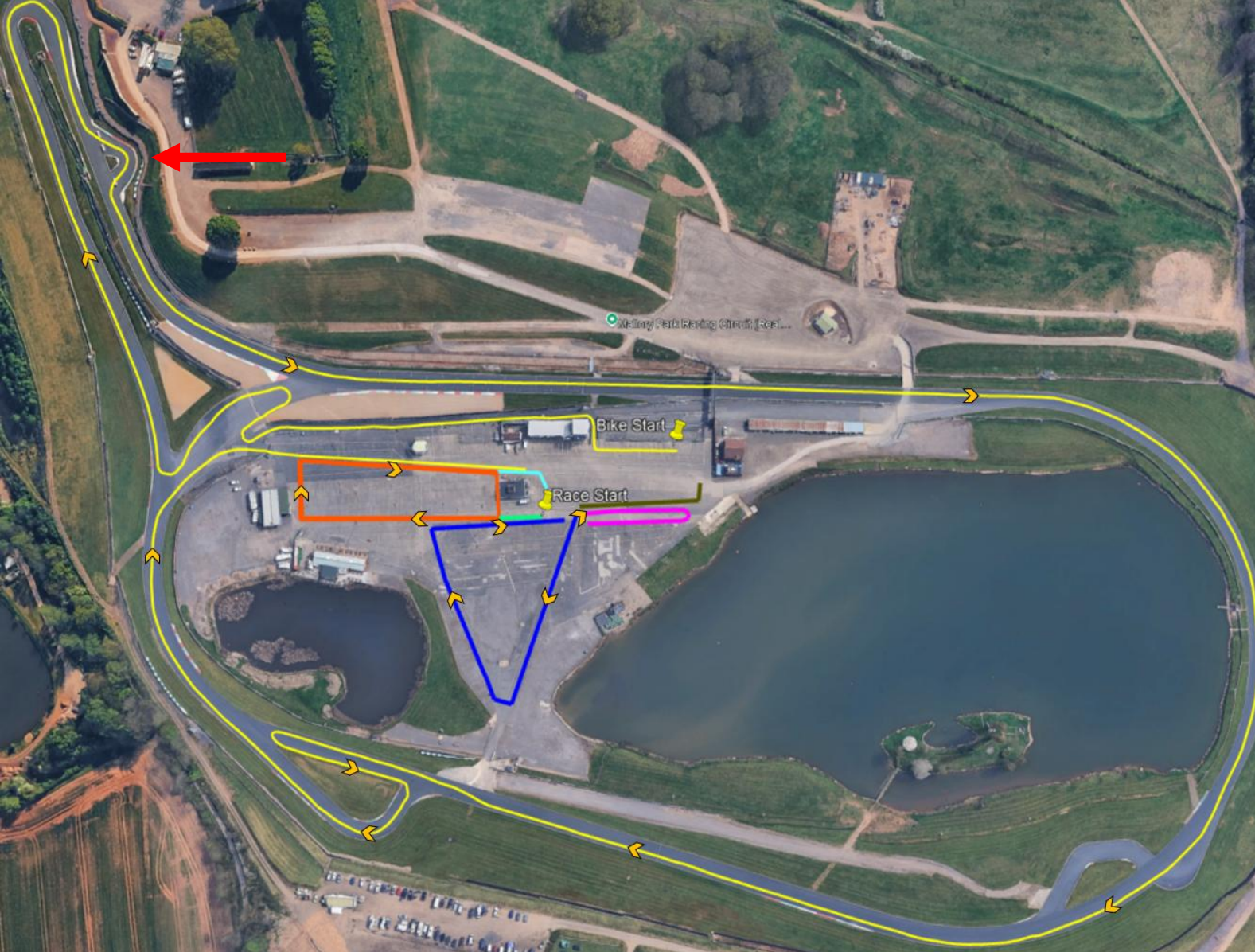
Race running on wet weather protocols - chicanes at top of hill and bottom of lake will be removed (see red arrows) and bike course will flow straight through those sections

IRC Transition Challenge Schedule

07:00	07:40	IRC Registration
07:40	07:55	TS 2 Roll outs - TS3 spot checks
08:00	10:00	IRC Transition Challenge START

Relay Schedule

11:25	11:45	Tri Stars Mixed relay Transition Check-In
11:50		Tri Stars Mixed Relay (Leg 1) to Run 1 start
12:00	13:15	Tri Stars Mixed Relay 1 RACE START
12:30		<i>Paratri presentations (overall series)</i>
13:15	14:37	Tri Stars Mixed Relay 2 RACE START
15:00		<i>IRC Mixed Relay Team Presentation and overall IRC</i>



TriStar Relays

Run 1 – 600m

2 laps clockwise

Orange

Bike – 2.9km

1 lap clockwise

Yellow

Run 2

A/B/C Athletes: **400m**

D Athletes: **500m**

1 laps clockwise

Navy Blue

Race running on wet weather protocols - chicanes at top of hill will be removed (see red arrow) and bike course will flow straight this section