1.Swim: 750m

Swim start : Gaurighat

Swim end : Gaurighat

2.Transition 1 and Transition 2: Garuighat

Bike: 20 K

Gaurighat through Rastrabank Road to Airport Road – 2.5k

Airport road to Gaurighat= 2.5 k

5k @ 4 laps = 20k

