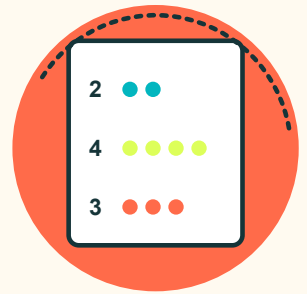


04 / YOUR RACE-DAY CARD

Course and laps

Published totals, lap checks and the cues you confirm at the briefing.



Choose your entered distance

☐ Olympic

SWIM

1,500 m

2 laps

11

BIKE

41 km

4 laps

□ □ □ □

RUN

10 km

3 laps

□ □ □

Sprint

SWIM

750 m

1 lap



BIKE

22 km

2 laps

11

RUN

5 km

2 laps

□ □

Use the little squares to rehearse your lap count. This printed card is a personal cue, not a substitute for race instructions.

My bike lap-count cue

My final-lap exit cue

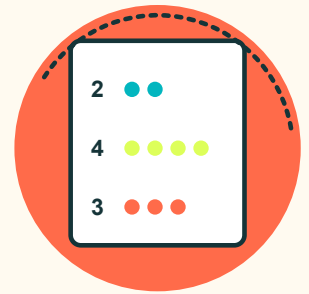
My run lap-count cue

Mount / dismount instructions I checked

04 / YOUR PREPARATION CARD

Bring the right questions.

Personal choices below. Published details in the reference notes.



My course review

- ☐ My selected distance matches my entry
- ☐ Current 2026 cycling map reviewed
- ☐ Current 2026 run map for my distance reviewed
- ☐ My discipline lap counts noted
- ☐ 2026 swim layout checked at the official briefing
- ☐ Final exit and transition directions confirmed

Swim instructions confirmed at the briefing

My questions for the briefing

- Use the current 2026 bike and run maps. The federation's linked swim map is an older 2025 file: confirm the 2026 swim layout at the briefing.

Read the current map for your distance. Do not calculate a uniform lap length by dividing the total distance: connecting sections can differ.

The linked swim map is from 2025. The 2026 sheets confirm swim totals and laps, while this year's geometry must be confirmed at the official briefing.

Keep the official documents close

FATRI: 2026 Olympic and sprint V2 sheets, plus current bike and run maps. Scan or tap for the source documents.

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