

Saturday AM 13th Aug 2016 - Sprint Distance Stage. Sunshine Uni, Sippy Downs.

Course 1 – ~ 9.2km – climb 0metres – M21, Open A

Course 2 – ~ 7.7km – climb 0metres – M17, M40, W21

Course 3 – ~ 6.7km – climb 0metres – M50, W40, Open B

Course 4 – ~ 5.5km – climb 0metres – M60, W50, W17

Course 5 – ~ 5.1km – climb 0metres – M70, W60, W17, W70, Open C, W14, M14

Saturday PM 13th Aug 2016 -Middle Distance Stage. Sugarbag Rd, Caloundra.

Course 1 – ~ 9.3km – climb 155metres – 20 controls - M21, Open A

Course 2 – ~ 8.6km – climb 155metres – 18 controls - M17, M40, W21

Course 3 – ~ 6.9km – climb 115metres – 17 controls - M50, W40, Open B

Course 4 – ~ 6.1km – climb 105metres – 15 controls - M60, W50, W17

Course 5 – ~ 4.5km – climb 80metres – 13 controls - M70, W60, W17, W70, Open C, W14, M14

Sunday 14th Aug 2016 - Long Distance Stage. Yurol Forest, Pomona.

Course 1 – 25.4km – climb 440 metres – 21 controls - M21, Open A

Course 2 – 18.8km – climb 300 metres – 19 controls - M40, W21

Course 3 – 16.9km – climb 285 metres – 18 controls - M50, M17, W40, Open B

Course 4 – 12.5km – climb 195 metres – 14 controls - M60, W50, W17

Course 5 – 9km – climb 85 metres – 9 controls - M70, M14, W60, W14, Open C