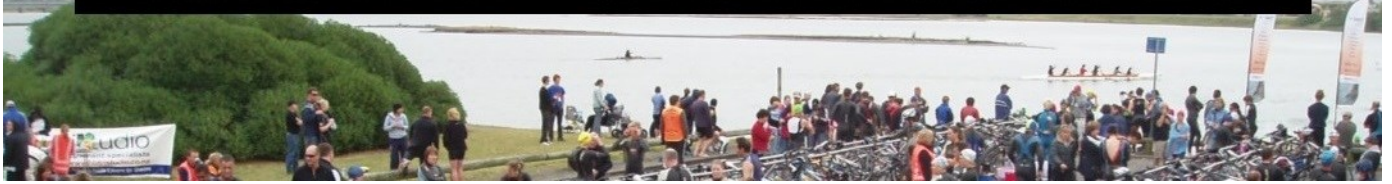
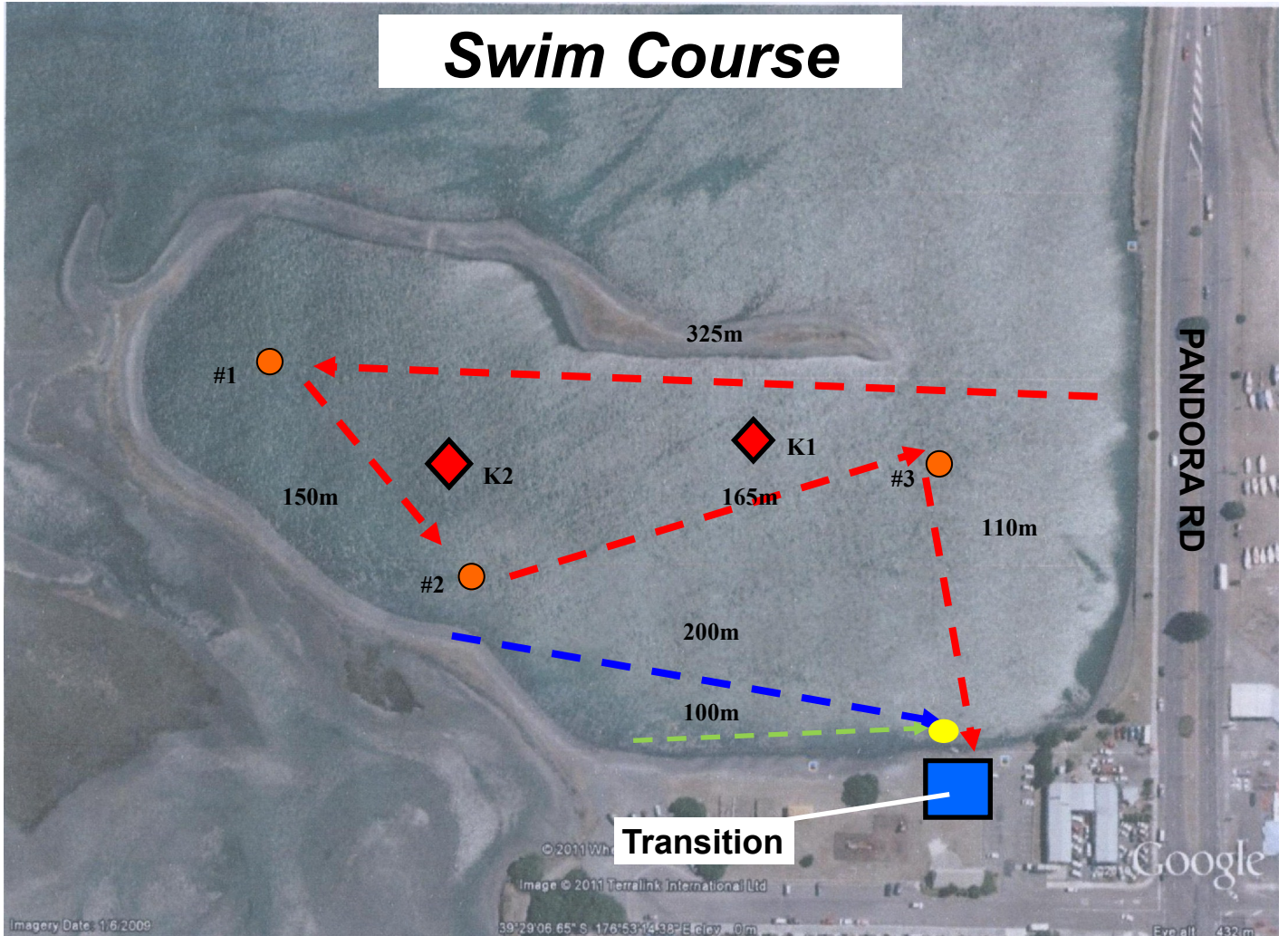




TRIATHLON AND DUATHLON SUMMER SERIES



Swim Course



100m Short Course Swim: (GREEN) We walk you along the shoreline in front of the playground and you swim directly parallel with the shoreline. Go around the yellow buoy before turning towards transition. If you are not a confident swimmer we suggest you stay close to the shoreline so you can stand at any time.

200m Short Course Swim: (BLUE) We walk you along the shoreline in front of the playground and you swim directly in line with the shoreline towards transition. Go around the yellow buoy before turning towards transition. If you are not a confident swimmer we suggest you stay close to the shoreline so you can stand at any time.

750m Swim Course: (RED) All swimmers will start on the shoreline adjacent to Pandora Rd. They will swim towards Buoy #1, turn left at that buoy and swim towards Buoy #2. On the right hand side of this buoy, turn left and head towards Buoy #3 which is directly opposite Transition. Exit the water towards transition.

1300m Standard Course (when option is available) : (RED) This has the same start as the 750m swim course. Follow the same route until you get to Buoy #3 (go to right of Buoy) then turn left and continue for second lap, then exit.

If you require assistance in the water, please raise your hand. **NB: Buoy colours are only for map, they will be numbered on the day of the event.**