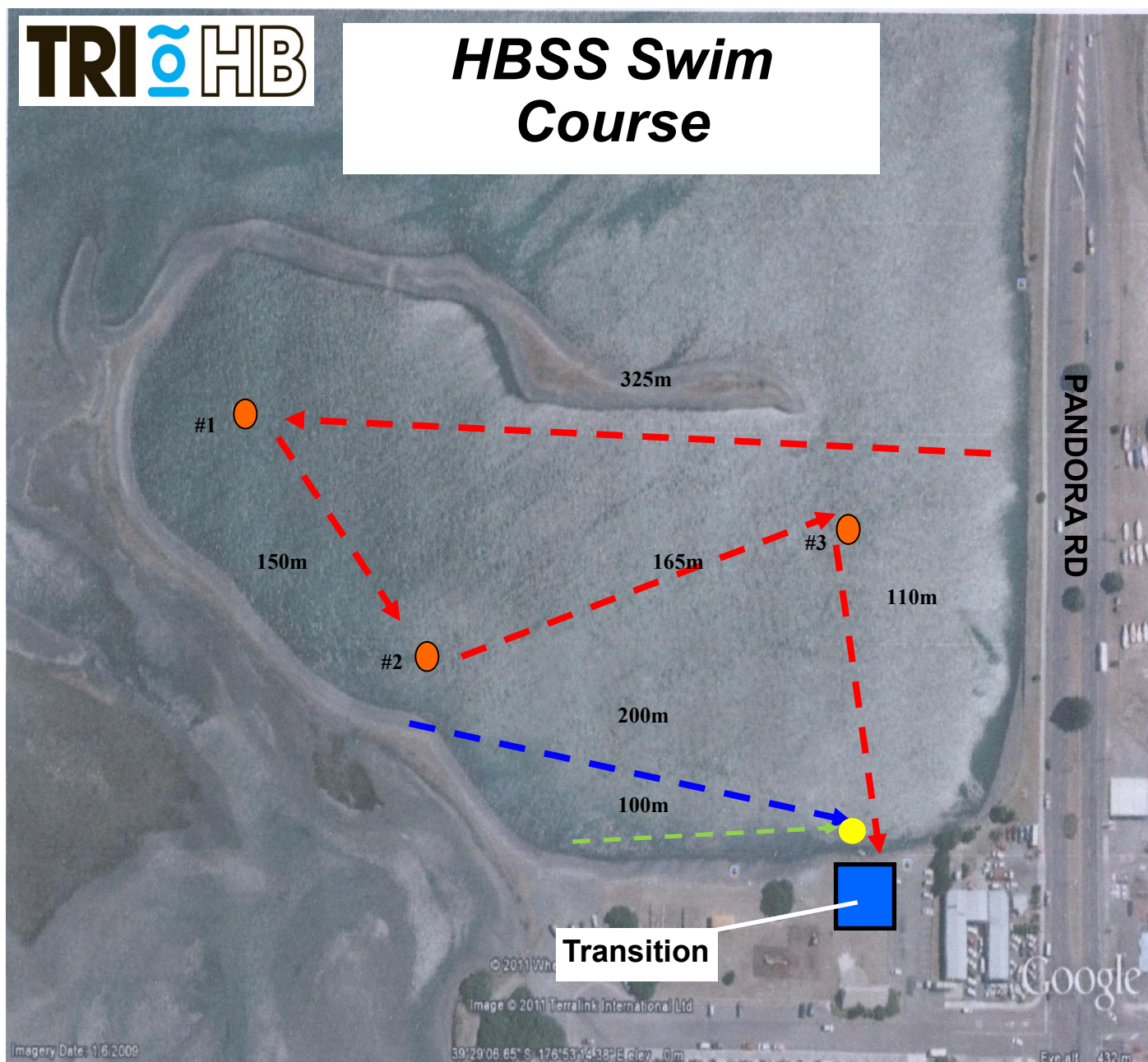


HBSS Swim Course



200m Junior Swim Course: (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 Senior 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.

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.**