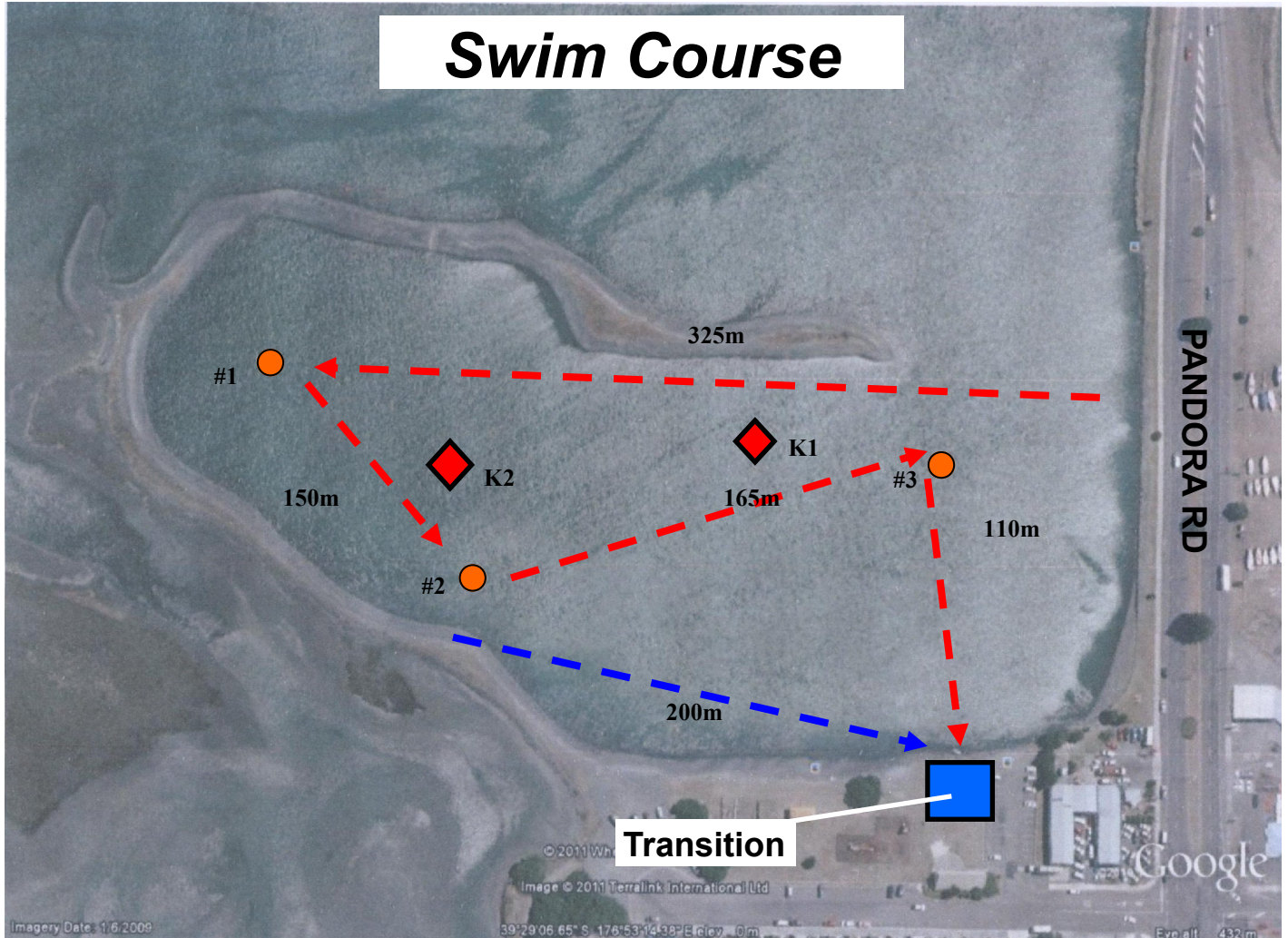




TRIATHLON AND DUATHLON SUMMER SERIES



Swim Course



◆ Indicates position of tandem Kayaks. K1 will follow last competitor and K2 will follow the field as the competitors complete the course.

— Short course is along the shoreline and will have marshels to assist

750m Swim Course: (RED) All swimmers will start on the shoreline adjacent to Pandora Road. They will swim towards Buoy #1 , turn leftt at that buoy and swim towards Buoy #2 near the playground on the right hand side of this buoy, then head towards Buoy #3 which is directly opposite the Transition carpark. They will leave the water and run up the tyres towards Transition.

NB: Buoy colours are only for map, they will be all the numbered on the day of the race.

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. If you are a non confident swimmer we suggest you stay close to the shoreline so you can stand at any time.

(When option available) 1300m Standard Course : (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