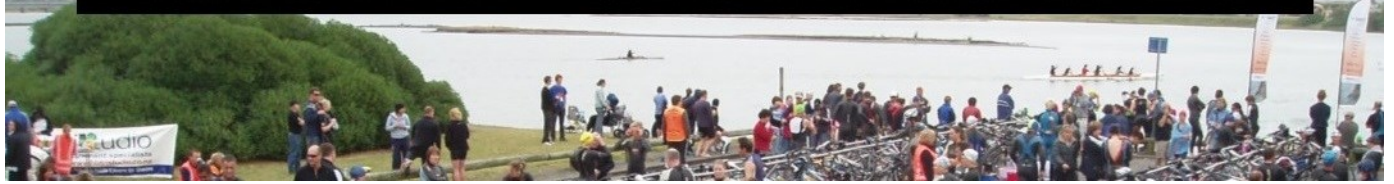


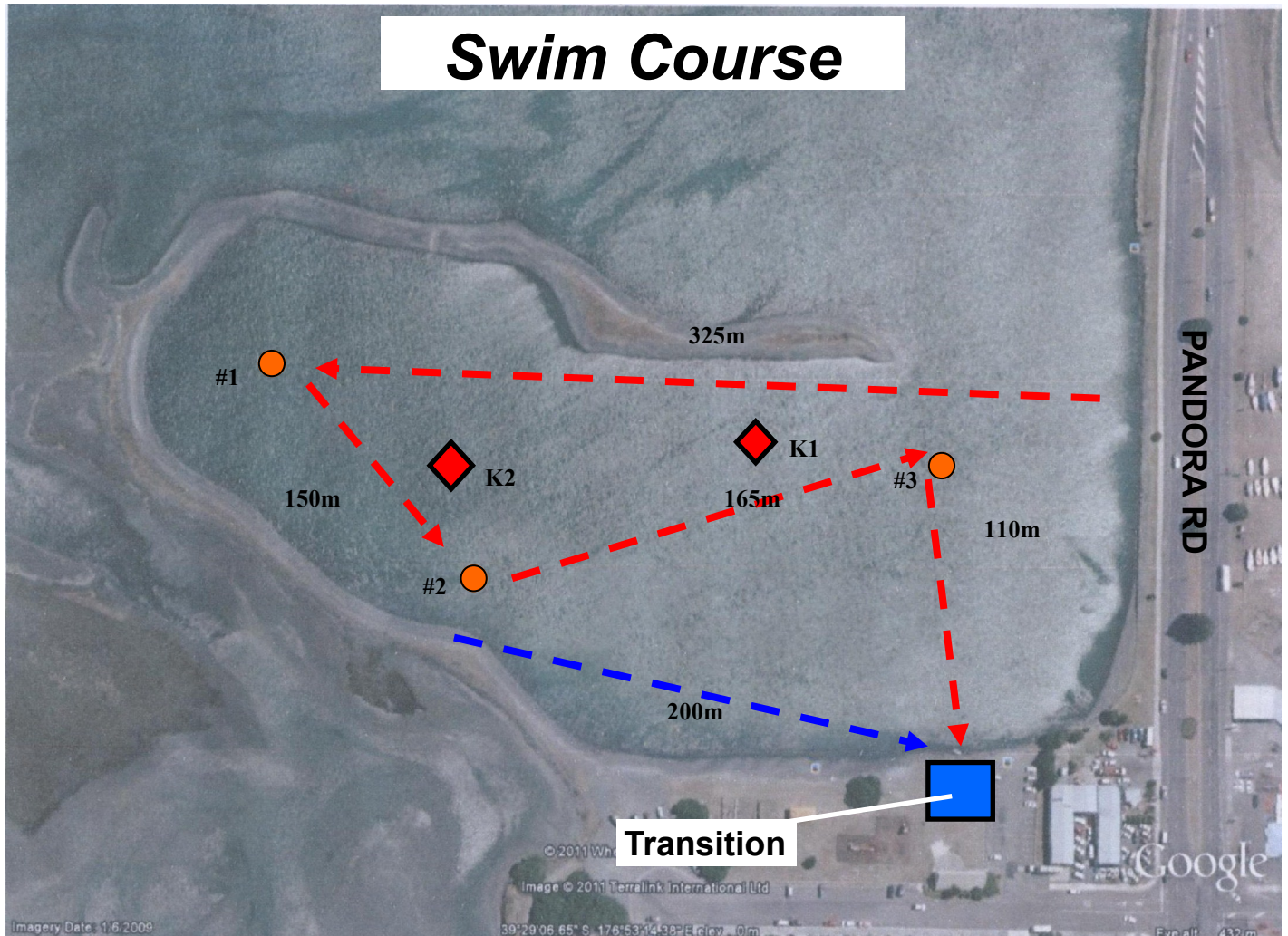



EAST PIER HOTEL

TRIATHLON AND DUATHLON SUMMER SERIES



Swim Course



 Indicates position of support Kayaks. K1 will follow last competitor and K2 will follow the field as the competitors complete the course. K2 also watches the 200m swimmers.

 Short course is along the shoreline and will have marshals to assist

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 the Transition carpark. Exit the water 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 not a confident swimmer we suggest you stay close to the shoreline so you can stand at any time.

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.