

OPEN WATER SWIM COURSES

Please Note:

- This is a deep water swim, if you get into difficulties please raise your hand to get the attention of the Surf lifesaving crew and/or St Johns or other event staff.
- If the Race director deem that wind or currents will have an adverse impact on the swim course, the swim course may be altered for participant safety
- If the Race Director deems that the swim course is unsafe, the swim leg may be replaced by a run leg and the triathlon turned into a duathlon for participant safety

SCORCHING OPEN WATER - 2K

The Scorching Open Water 2k swim course:

- is comprised of a **four lap clockwise swim course totalling 2000m**
- starts on the northern side of Buoy 1 on the beach, below transition and the finish line
- You are required to keep the course buoys to the inside of the course at all times when swimming
- You will swim from Buoy 1 out to Buoy 3 (180m) (Note: keep Buoy 2 to your south as you pass by)
- Turn at Buoy 3 to swim to Buoy 4 (160m)
- Turn at Buoy 4 to swim to Buoy 1 (180m) (Note: keep Buoy 5 on to your north as you pass by)
- At the completion of your first lap you will turn and repeat the swim course three more times, for your second, third and fourth laps
- At the end of your fourth lap you will exit the water and head across the finish line to record your time

SCORCHING OPEN WATER - 1K

The Scorching Open Water 1k swim course:

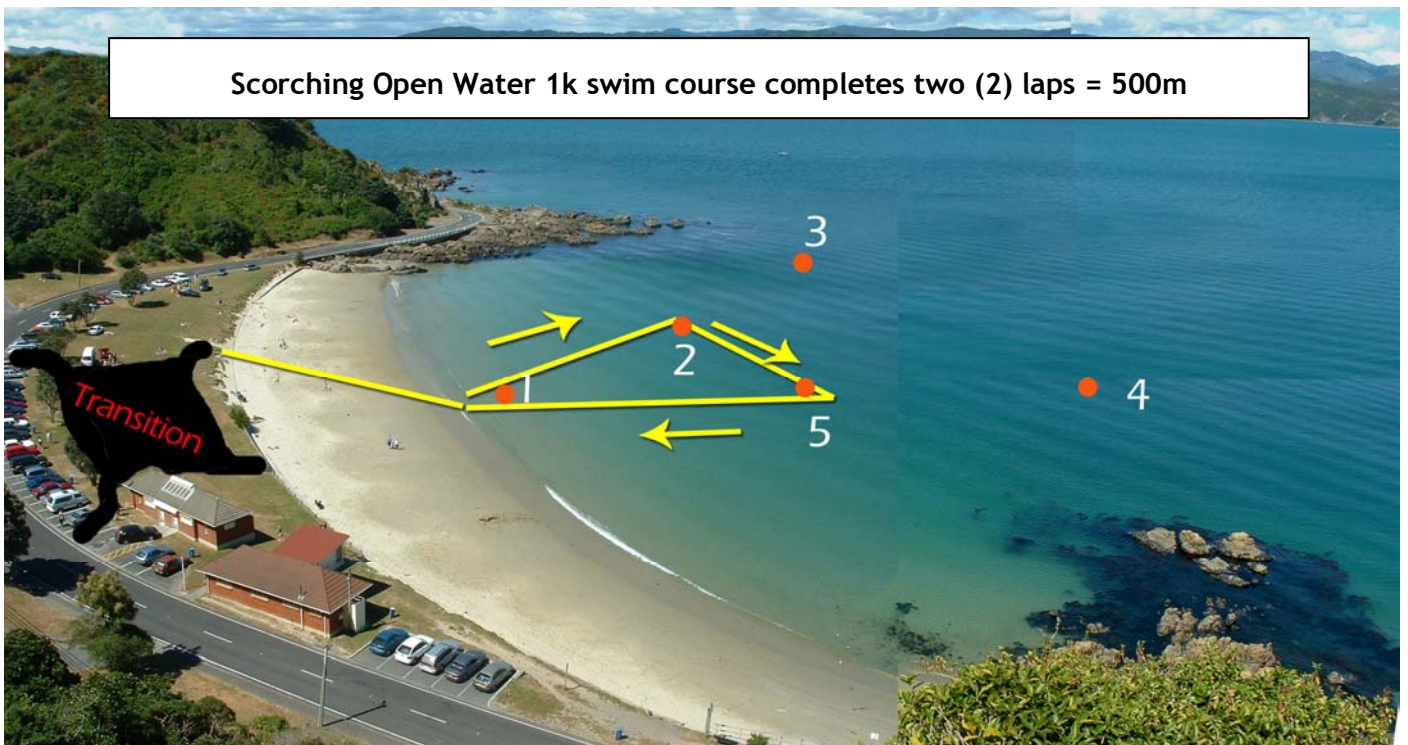
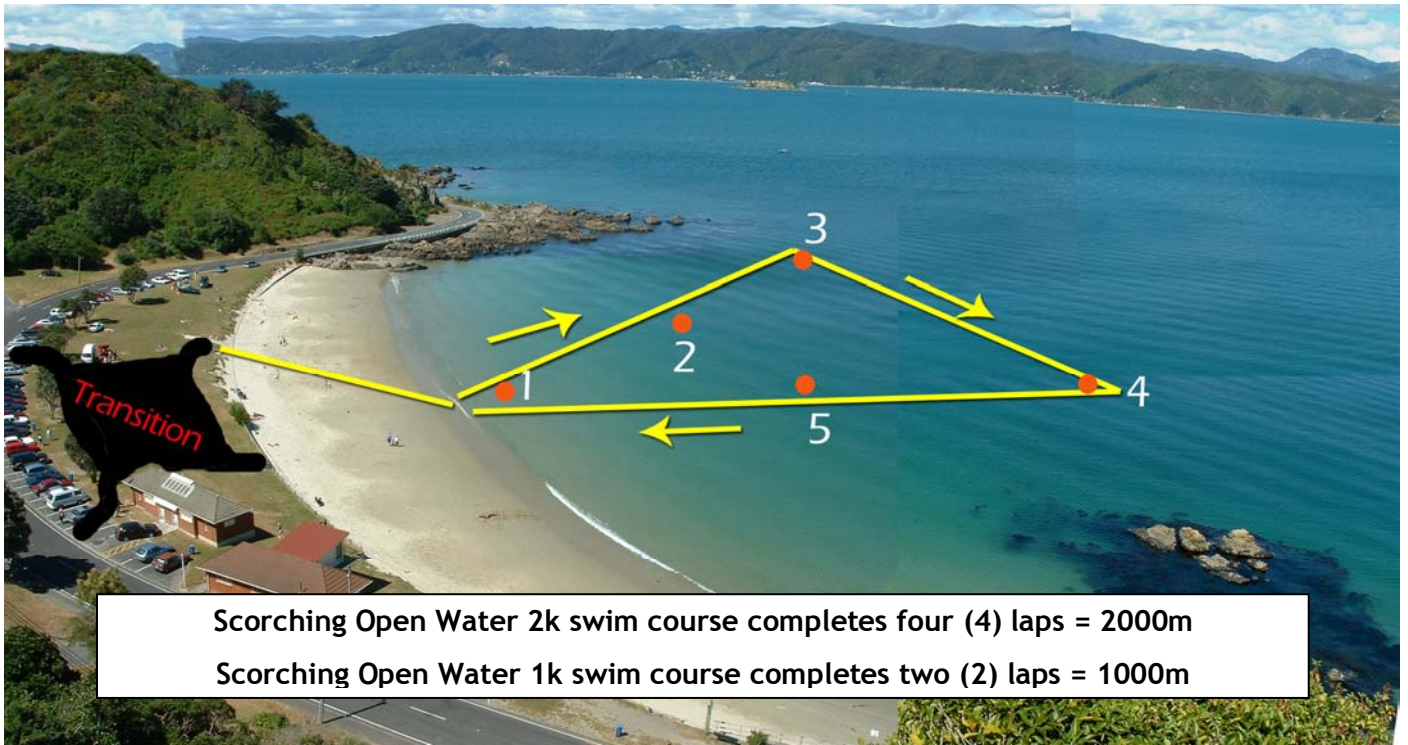
- is comprised of a **two lap clockwise swim course totalling 1000m**
- starts on the northern side of Buoy 1 on the beach, below transition and the finish line
- You are required to keep the course buoys to the inside of the course at all times when swimming
- You will swim from Buoy 1 out to Buoy 3 (180m) (Note: keep Buoy 2 to your south as you pass by)
- Turn at Buoy 3 to swim to Buoy 4 (160m)
- Turn at Buoy 4 to swim to Buoy 1 (180m) (Note: keep Buoy 5 on to your north as you pass by)
- At the completion of your first lap you will turn and repeat the swim course one more time, for your second lap
- At the end of your second lap you will exit the water and head across the finish line to record your time

SCORCHING OPEN WATER - 500M

The Scorching Open Water 500m swim course:

- is comprised of a **two lap clockwise swim course totalling 500m**
- starts on the northern side of Buoy 1 on the beach, below transition and the finish line
- You are required to keep the course buoys to the inside of the course at all times when swimming
- You will swim from Buoy 1 out to Buoy 2 (80m)
- Turn at Buoy 2 to swim to Buoy 5 (60m)
- Turn at Buoy 5 to swim to Buoy 1 (80m)
- At the completion of your first lap you will turn and repeat the swim course for a second lap
- At the end of the second lap you will exit the water and head into transition from the northern end (refer to transition notes for more details)

SCORCHING OPEN WATER - COURSE MAPS



START TIMES

	2k	1k	500m
Men	7:30am	7:30am	8:05am
Women	7:32am	7:32am	8:07am

Note: 2k & 1k start times are in conjunction with the Contact Scorching Triathlon Long Course option, and the 500m start time is in conjunction with the Contact Scorching Triathlon Medium Course option