



Swim Course detail:

Clockwise 1 lap for either event

Medium Triathlon

- 750m swim from start on beach.
- Keep buoys to the inside of you at all times
- Swim pass A, out to B (320m)
- Turn at B to swim to C (100m)
- Swim from C back in pass D to beach (320m)
- Exit water, run up road edge / grass to Transition

Short Triathlon

- 300m swim from start on beach.
- Keep buoys to the inside of you at all times
- Swim out to A (120m)
- Turn at A to swim to D (50m)
- Swim from D to beach (120m)
- Exit water, run up road edge / grass to Transition

