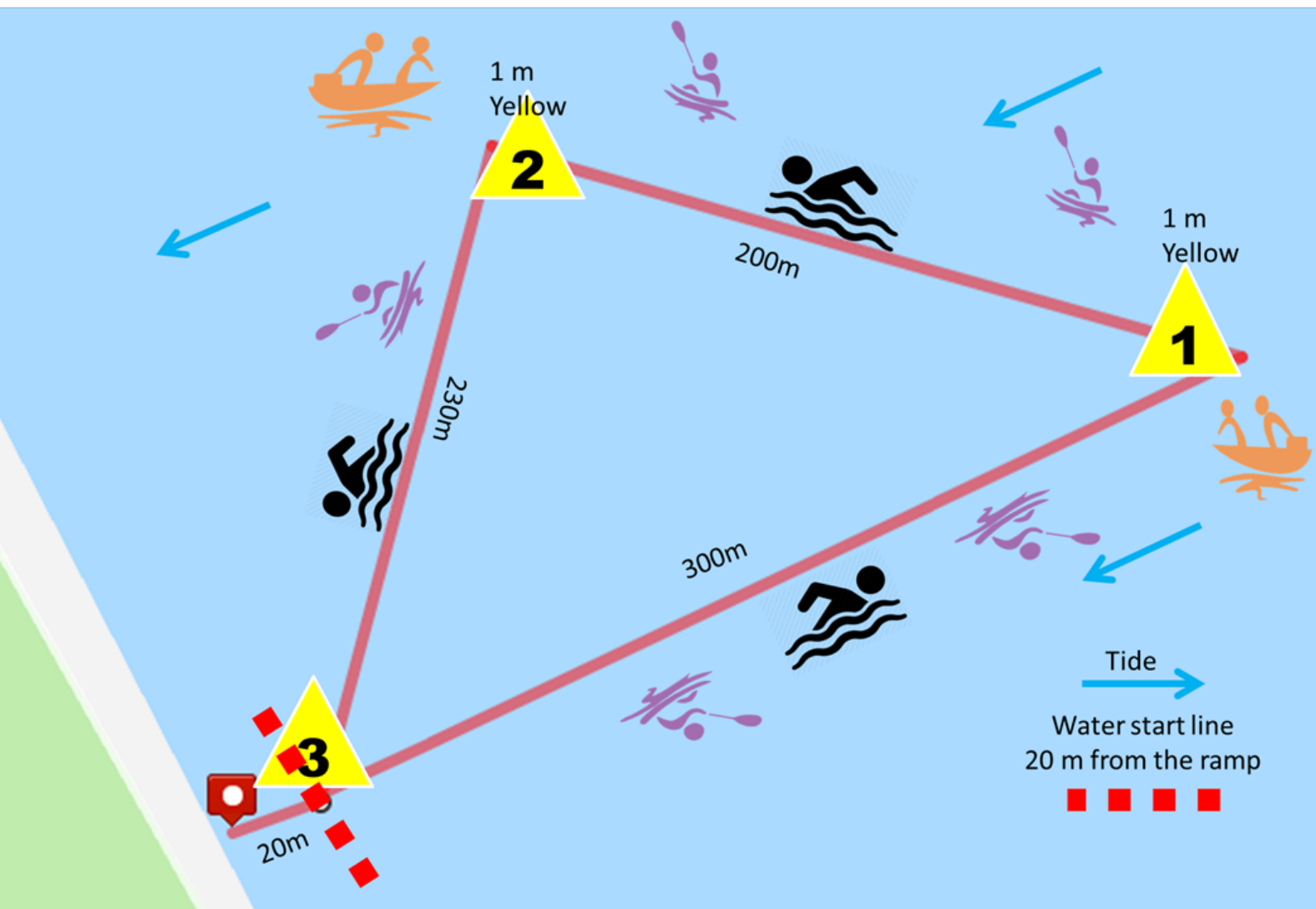


SWIM COURSE



Distance, 750 m

1 Lap

Tide, Incoming, HT is 2.49 pm 2hrs after race start (1.25 HT, .38 LT)

Water start

Two yellow buoys 1 m high – keep them on your Left shoulder

Swim direction – is anti-clock-wise as per diagram

Start behind the Starting yellow (3), then swim to the first yellow (1) on the right of the course (300m) keep that on your left as you round it and head to the second yellow (2) 200 m away. After rounding the 2nd yellow on your left head to the starting Yellow #3 – you must take this last yellow on your Right shoulder.

Water support, there are 2 IRB's stationed at the 1st and 2nd markers

Buoy 1 – Left shoulder

Buoy 2 – Left shoulder

Buoy 3 – (Finish) Right shoulder

EXIT – the exit is on a Concrete Ramp that runs deep into the sea. Carefully stand up and run up to the top of the Sea wall and take the steps on the other side of the seawall to the ground (PITC).