

Leg 1: 1km Swim. Deep water start. Wetsuits allowed.
Swim right to left around turn buoy and return to start
buoy. Turn right to left around start buoy and return to
shore



Leg 2: 9km Ski. Paddle ski along bay to last buoy near jetty. Return to first buoy then complete 2 more laps. In total, 3, 3km laps. Return to shore after last lap.

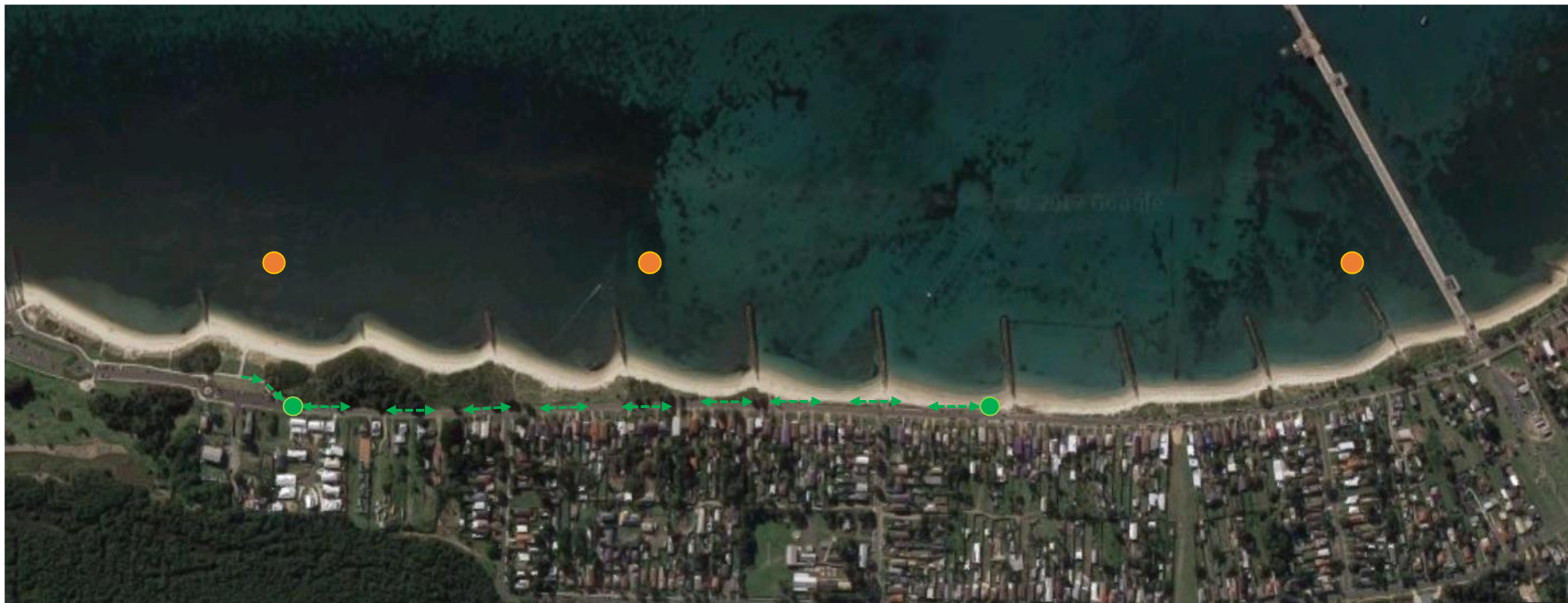


Leg 3: 3km Board. Paddle board along bay to last buoy near jetty. Return to first buoy then return to shore. Run to transition zone to change into running shoes for run leg

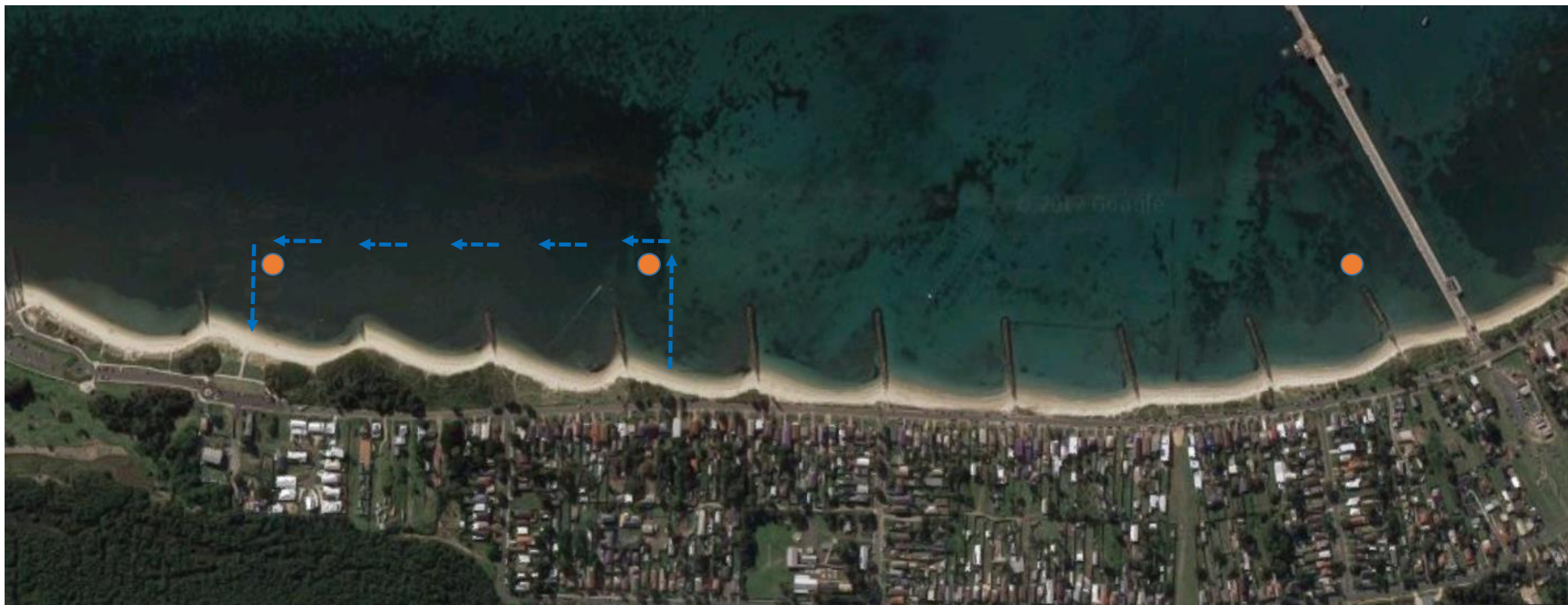


Leg 4: 4km Run. Leave run transition and run down road to turnaround, return to start of run and the complete 1 more lap before finishing in finish chute which will be on the grass area in front of run transition zone.

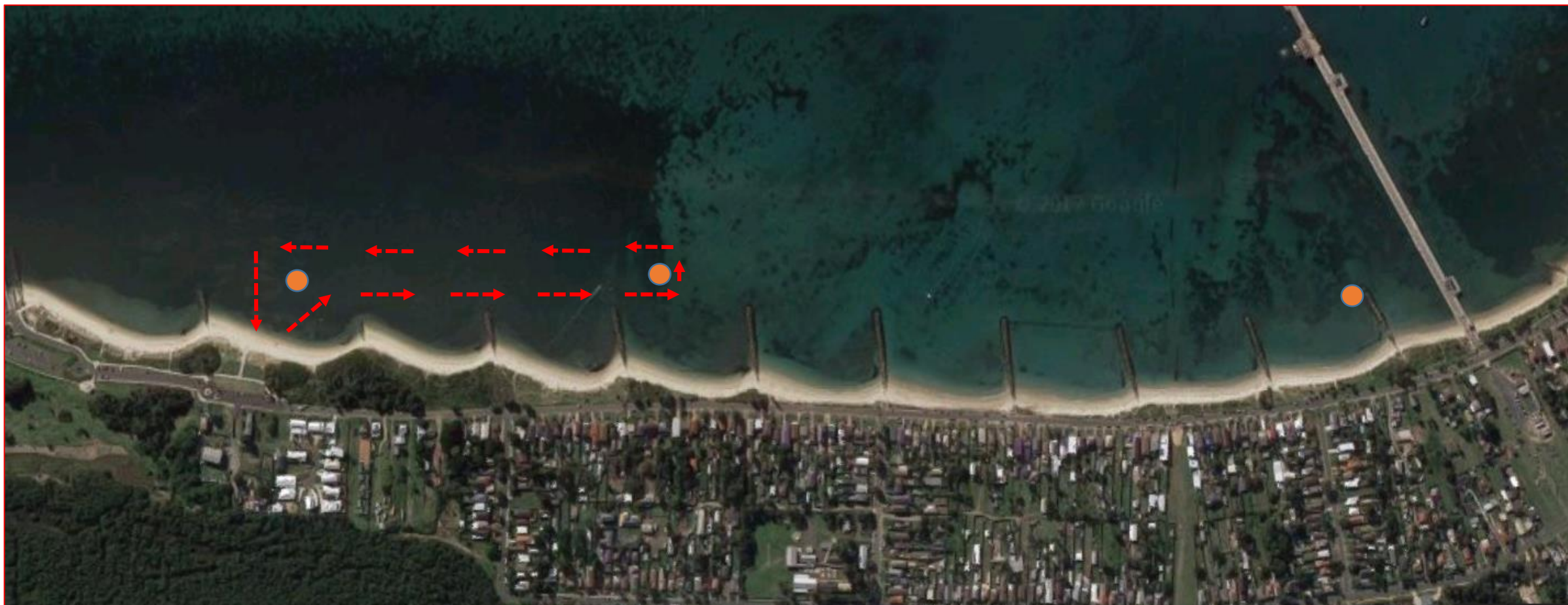
YOU HAVE FINISHED!



Leg 1: 500M Swim. Swim out from shore. Turn right to left around turn buoy and swim to 2nd buoy. Turn right to left around 2nd buoy and return to shore. Collect Board



Leg 2: 1km Board. Paddle out round groin. Turn right to left around turn buoy and return to start buoy. Turn right to left around start buoy and return to shore



Leg 4: 2km Run. Leave run transition and run down road to turnaround, return to start to finish in shute which will be on the grass area in front of run transition zone.
YOU HAVE FINISHED!

