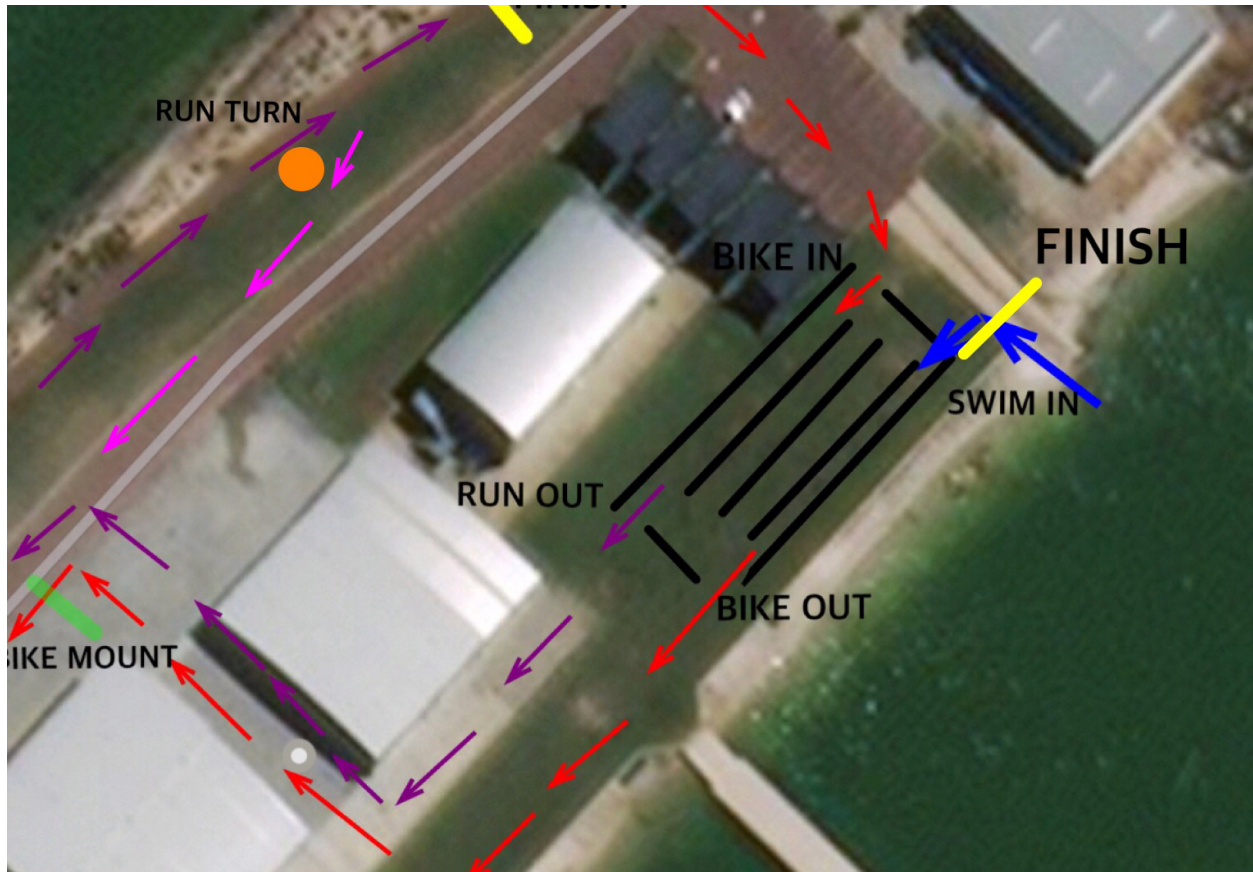


## Race 1 - ENDURO

Swim/ Bike/ Run/ Run/ Bike/ Swim

Race will start with 300m swim before heading out on out and back bike 7km leg then heading out onto the run where they will do 2 laps of the 1.5km run course, then back into transition for another lap on the bike, then back into transition for the last leg the swim and finish on the boat ramp finish line.

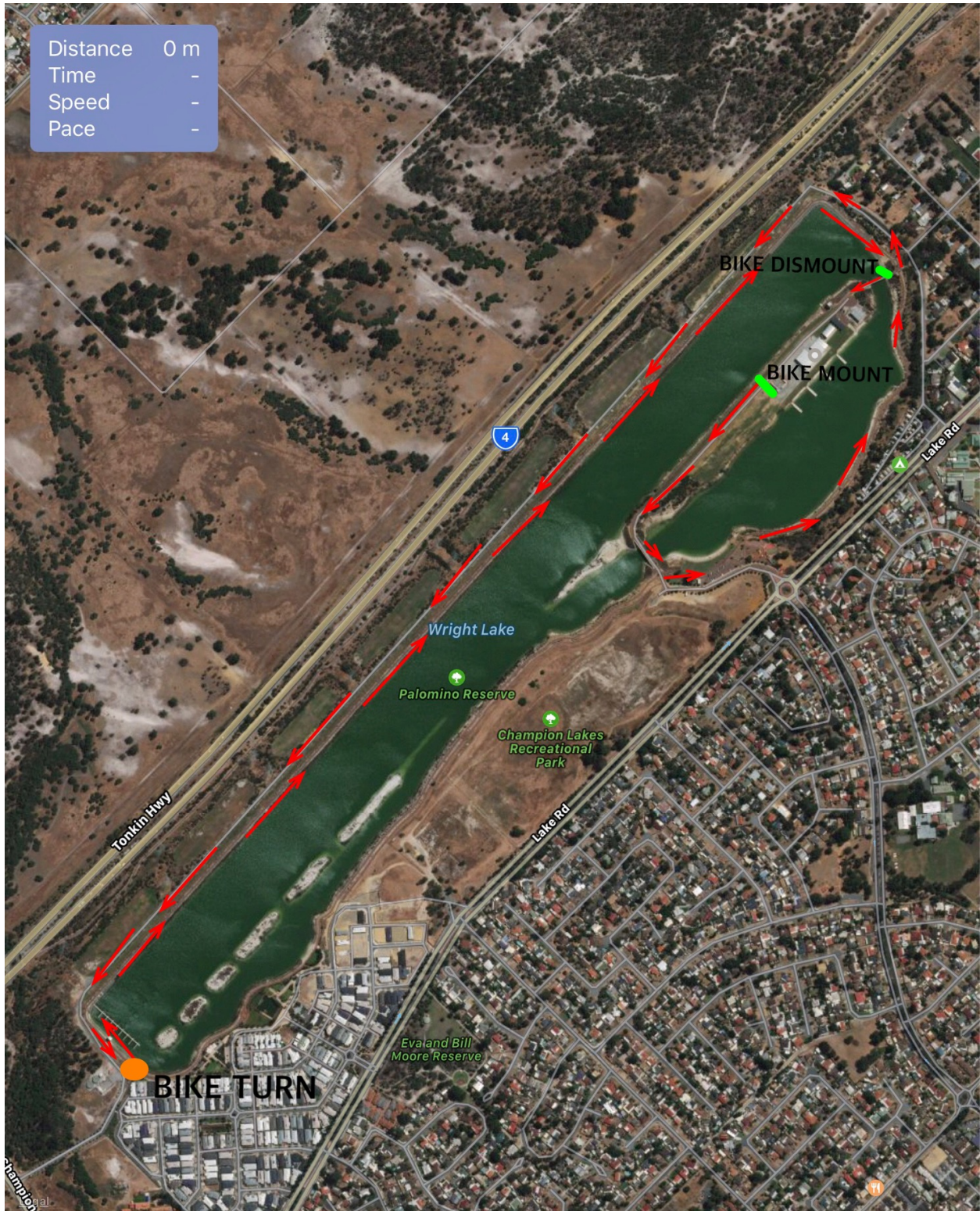
### RACE 1 TRANSITION FLOW



### SWIM START



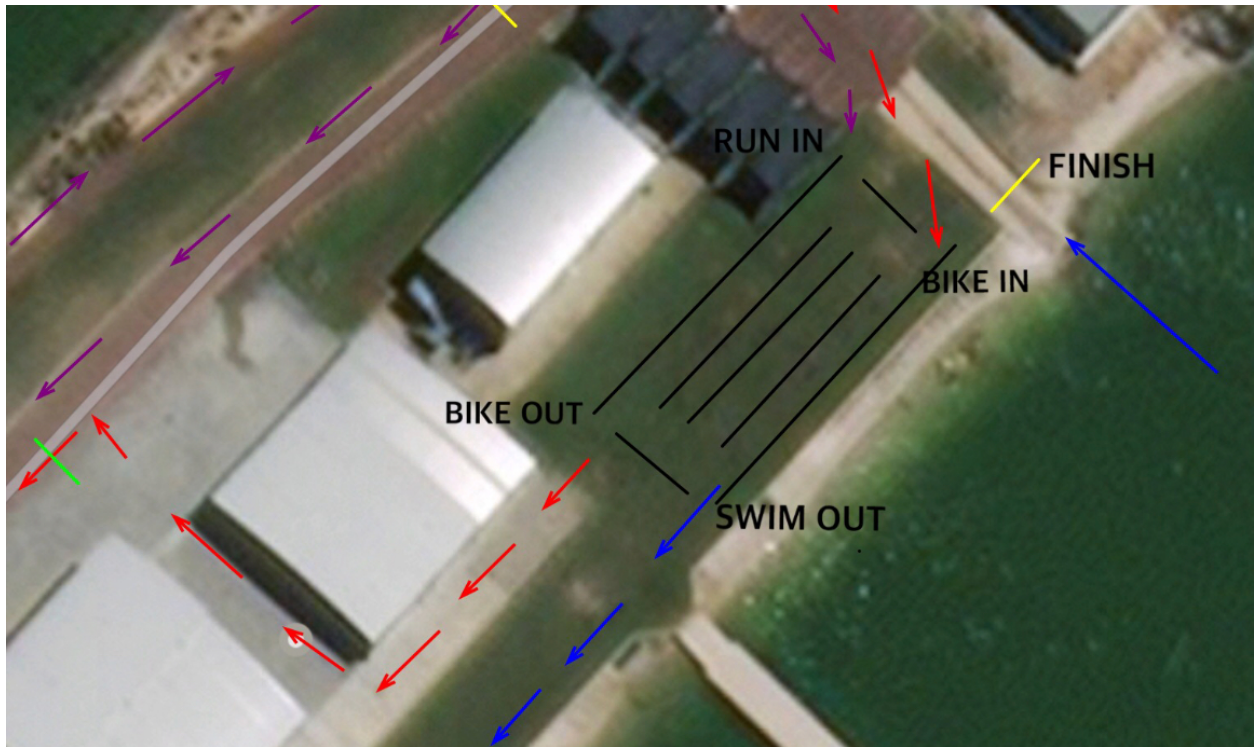
BIKE



DOUBLE RUN



RUN IN/ BIKE OUT/ BIKE OUT - BIKE IN/ SWIM OUT/ SWIM FINISH



**RACE 2 - SUPER SPRINT**

Swim/ Bike/ Run

The race will finish with a traditional swim bike run

**RACE 1**

RACE ORDER: SWIM - BIKE - RUN

WAVE START TIME: 7:00AM

SWIM - BEACH START 300 METER SWIM



BIKE - 7KM BIKE COURSE - THERE IS A DIVIDE IN THE ROAD AT THE BIKE DISMOUNT LINE, PLEASE PRACTICE CAUTION IN THIS AREA. THE RUN FROM THE BIKE DISMOUNT IS 250m

Distance 0 m  
Time -  
Speed -  
Pace -



Distance 0 m  
Time -  
Speed -  
Pace -





RUN - 1.5km OUT AND BACK RUN - THERE WILL BE A WATER ONLY AID STATION DOUBLE SIDED AT THE TURN AROUND



