

THE 2XU LONG 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



LONG COURSE (1000M – AS USED AT NOV EVENT ONLY)

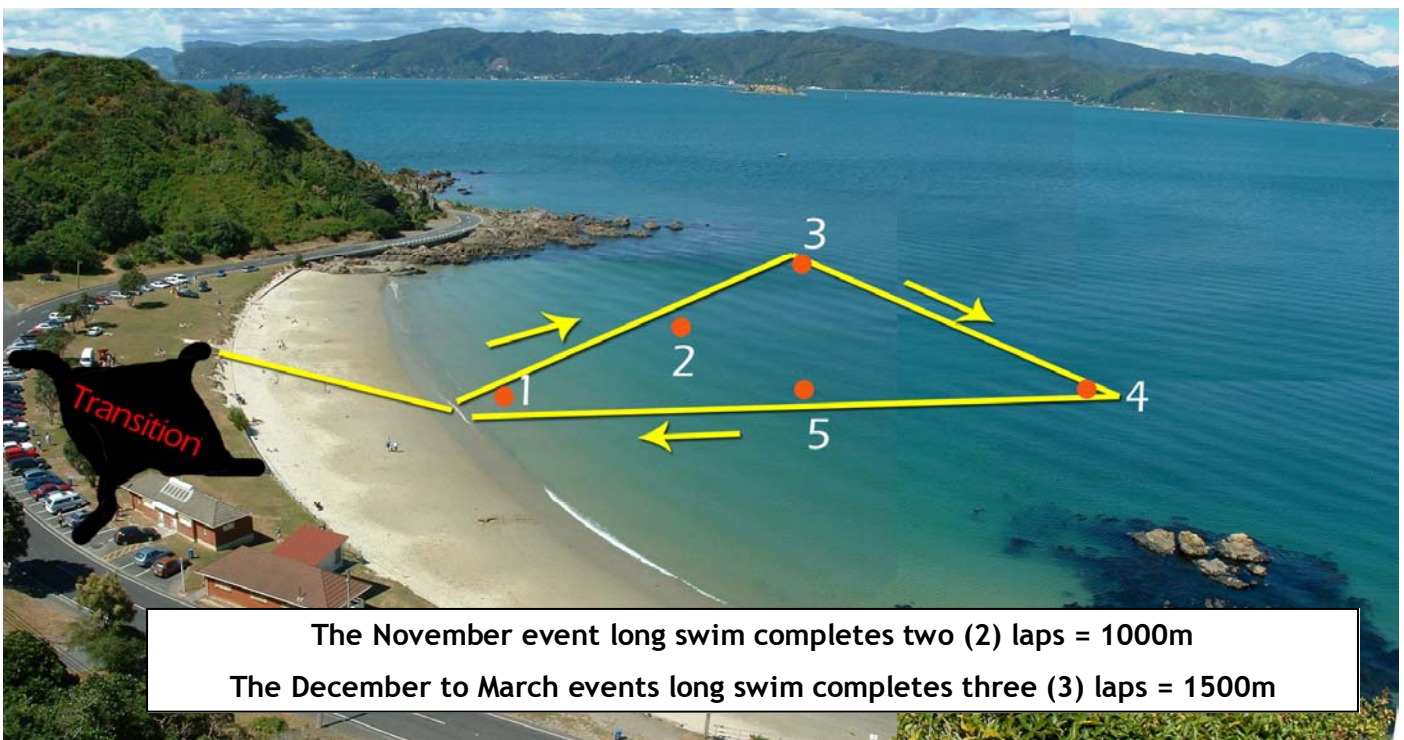
The 2XU Long swim

- 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 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)

LONG COURSE (1500M – AS USED DEC - MARCH)

The 2XU Long swim

- is comprised of a **three lap clockwise swim course totalling 1500m**
- 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 two more times, for your second and third laps
- At the end of the third lap you will exit the water and head into transition from the northern end (refer to transition notes for more details)



The November event long swim completes two (2) laps = 1000m

The December to March events long swim completes three (3) laps = 1500m