

THE 2XU MEDIUM 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



MEDIUM500 COURSE (500M – AS USED AT ALL EVENTS)

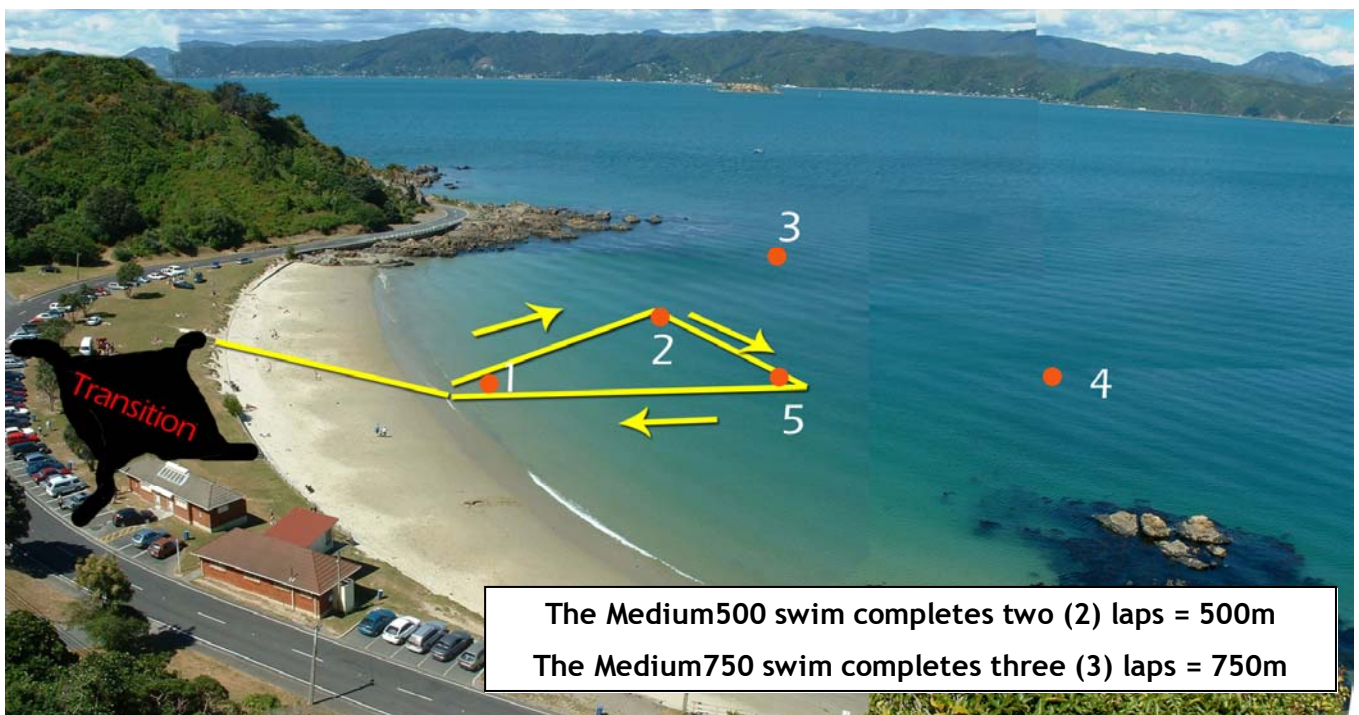
The 2XU Medium500 swim

- is comprised of a **two lap clockwise swim course totalling 500m**
- 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 2 (80m)
- Turn at Buoy 2 to swim to Buoy 5 (60m)
- Turn at Buoy 5 to swim to Buoy 1 (80m)
- 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)

MEDIUM750 COURSE (750M – AS USED DEC - MARCH)

The 2XU Medium750 swim

- is comprised of a **three lap clockwise swim course totalling 750m**
- 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 2 (80m)
- Turn at Buoy 2 to swim to Buoy 5 (60m)
- Turn at Buoy 5 to swim to Buoy 1 (80m)
- 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 Medium500 swim completes two (2) laps = 500m
The Medium750 swim completes three (3) laps = 750m