

THE 2XU SHORT SWIM COURSE

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 deems 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



SHORT COURSE (250M – AS USED AT ALL EVENTS)

The 2XU Short swim

- is comprised of a **one lap clockwise swim course totalling 250m**
- 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 exit the water and head into transition from the northern end (refer to transition notes for more details)

