

# THE 2XU TEAMS CHALLENGE 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 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



## TEAMS CHALLENGE SWIM COURSE (400M — AS USED IN FEBRUARY)

The 2XU Teams Challenge swim course

- is comprised of a **one lap clockwise swim course totalling 400m**
- starts on the northern side of Buoy A 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 A out to Buoy B (120m)
- Turn at Buoy B to swim to Buoy C (150m)
- Turn at Buoy C to swim to Buoy A (120m)
- At the completion of your lap you will exit the water and head into transition from the northern end (refer to transition notes for more details)

