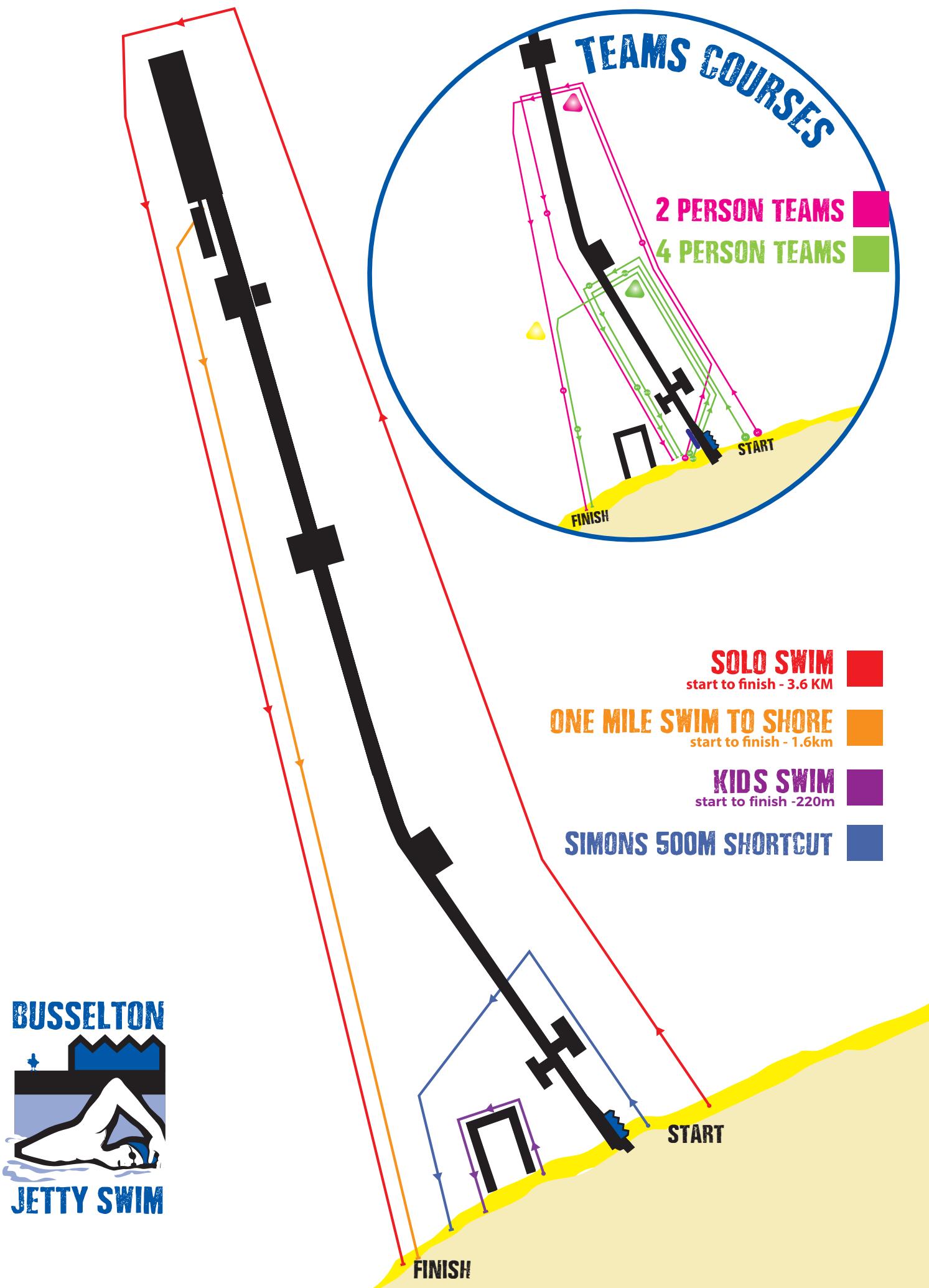


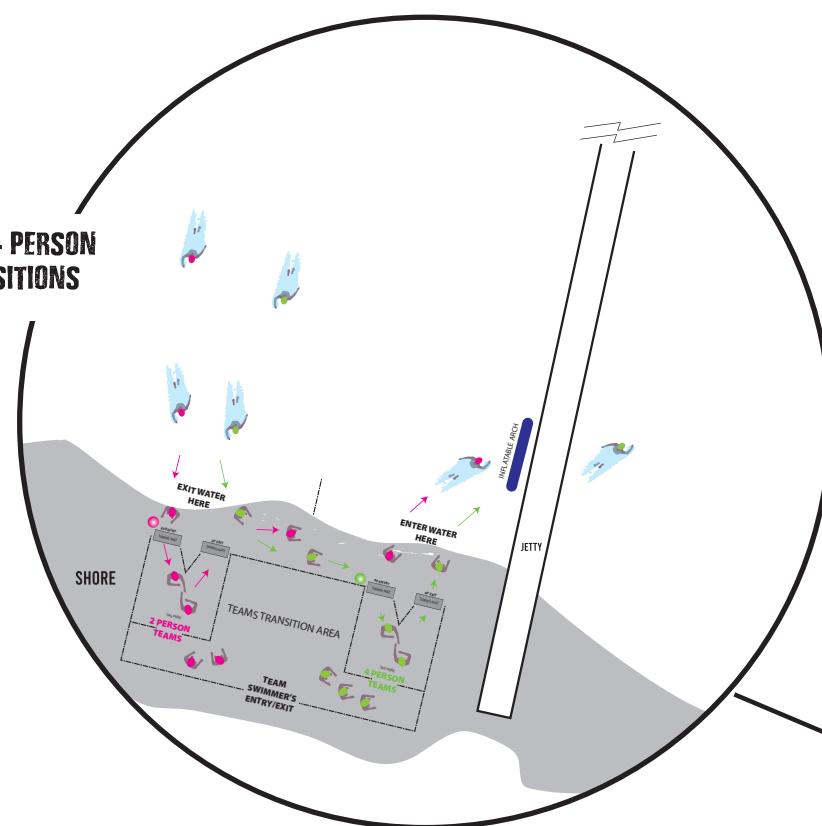
SWIM COURSES



TEAM SWIM COURSES

Swimmer	Distance (approx.)	Where do I Start?	Where do I Finish?	Getting to the Start, Exit and Entry
TEAM SWIMS				
2 PERSON RELAY TEAM Swimmer 1	1.8km	Beach (east) Starting area	Team Transition Area	Swimmer briefing 1:20 pm Start swimming at 1:30 pm Rolling start. Swim out 900m, swim under the Jetty and back to the beach Transition Area. Tag team member #2.
2 PERSON RELAY TEAM Swimmer 2	1.8km	Team Transition Area	Beach (west) Finish chute	Tag team member #1 and swim out to cross under the Jetty. Swim out 900m, then swim back under the Jetty and head to the finish line.
4 PERSON RELAY TEAM Swimmer 1	0.9km	Beach (east) Starting area	Team Transition Area	Rolling start. Swim out 450m, swim under the Jetty then head back to the beach Transition Area. Tag team member #2
4 PERSON RELAY TEAM Swimmer 2	0.9km	Team Transition Area	Team Transition Area	Tag team member #1 and swim out to cross under the Jetty. Swim out 450m, then swim back under the Jetty and head to the beach Transition Area. Tag team member #3.
4 PERSON RELAY TEAM Swimmer 3	0.9km	Team Transition Area	Team Transition Area	Tag team member #2 and swim out to cross under the Jetty. Swim out 450m, then swim back under the Jetty and head to the beach Transition Area. Tag team member #4.
4 PERSON RELAY TEAM Swimmer 4	0.9km	Team Transition Area	Beach (west) Finish chute	Tag team member #3 and swim out to cross under the Jetty. Swim out 450m, then swim back under the Jetty and head to the finish line.

2 PERSON & 4 PERSON TEAM TRANSITIONS



2 PERSON TEAMS

4 PERSON TEAMS

