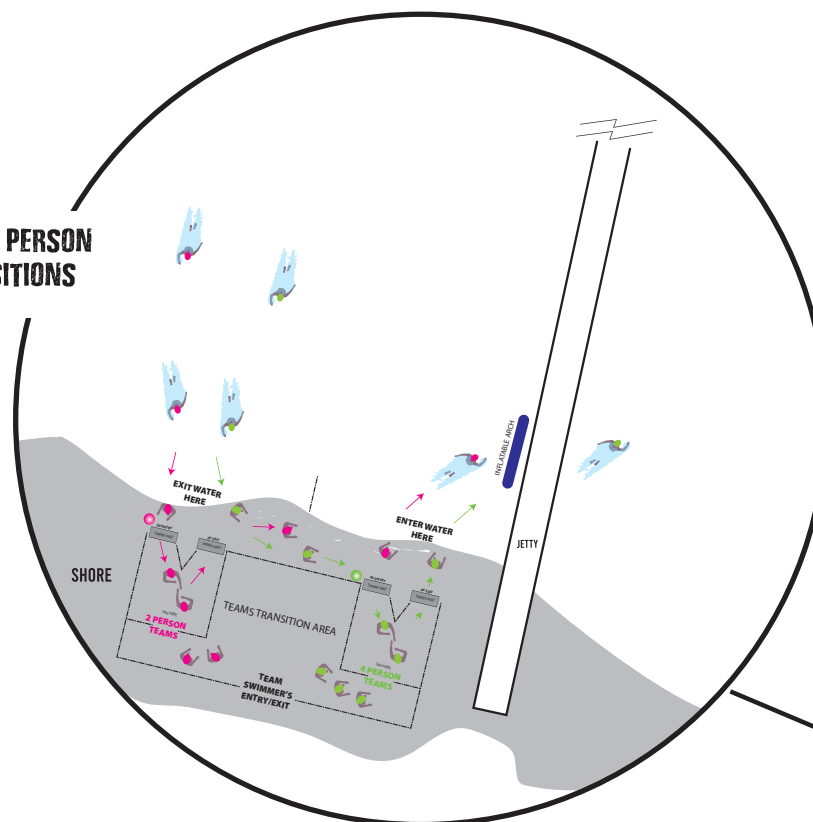


# TEAM SWIM COURSES

Swimmer	Distance (approx.)	Where do I Start?	Where do I Finish?	Getting to the Start, Exit and Entry
<b>TEAM SWIMS</b> Swimmer briefing 1:20 pm Start swimming at 1:30 pm				
<b>2 PERSON RELAY TEAM Swimmer 1</b>	1.8km	Beach (east) Starting area	Team Transition Area	Rolling start. Swim out 900m, swim under the Jetty and back to the beach Transition Area. Tag team member #2.
<b>2 PERSON RELAY TEAM Swimmer 2</b>	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.
<b>4 PERSON RELAY TEAM Swimmer 1</b>	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
<b>4 PERSON RELAY TEAM Swimmer 2</b>	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.
<b>4 PERSON RELAY TEAM Swimmer 3</b>	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.
<b>4 PERSON RELAY TEAM Swimmer 4</b>	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** ■

