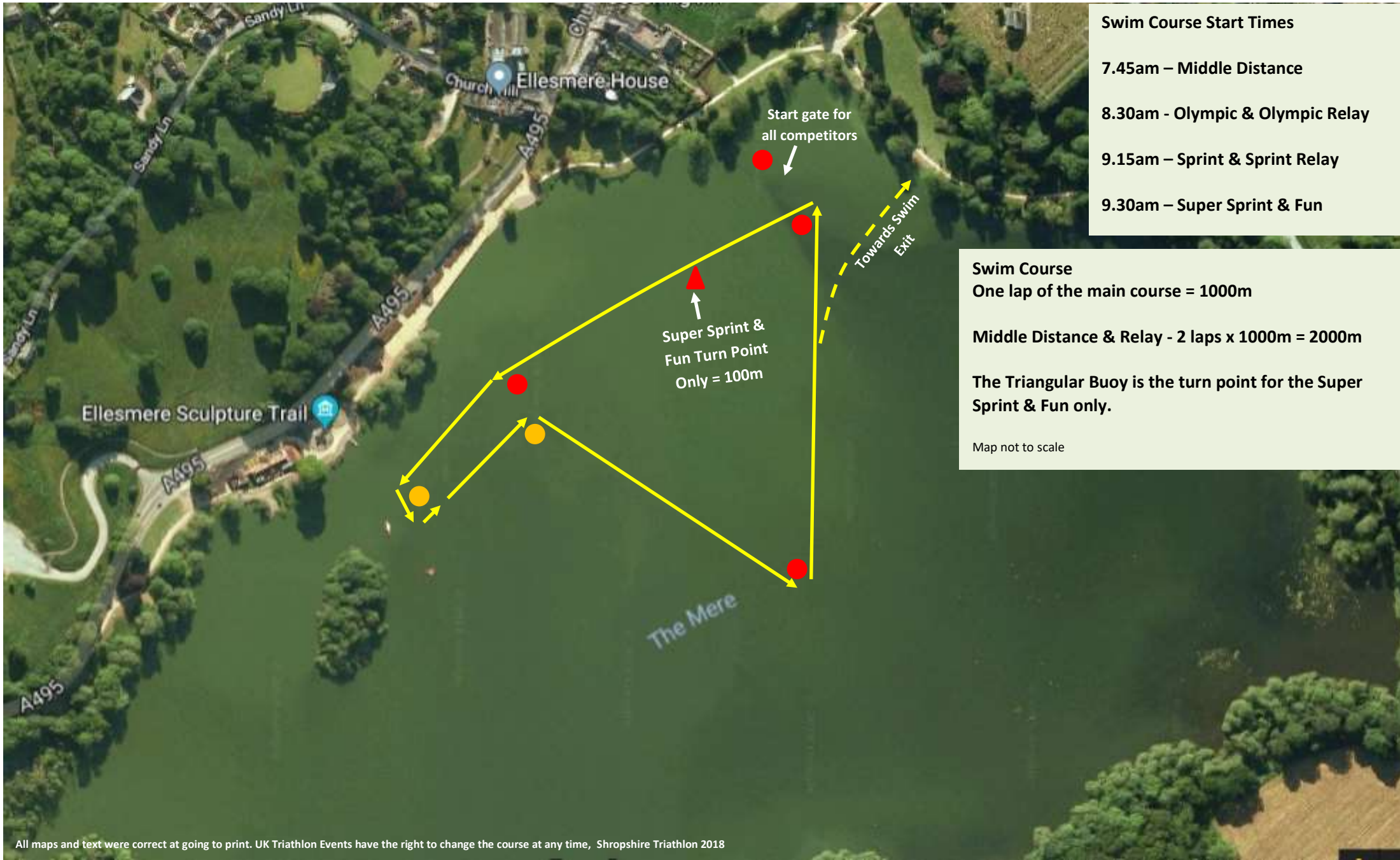


Swim Course – Middle Distance



Swim Course Start Times

- 7.45am – Middle Distance
- 8.30am - Olympic & Olympic Relay
- 9.15am – Sprint & Sprint Relay
- 9.30am – Super Sprint & Fun

Swim Course
One lap of the main course = 1000m

Middle Distance & Relay - 2 laps x 1000m = 2000m

The Triangular Buoy is the turn point for the Super Sprint & Fun only.

Map not to scale