

COURSE MAP (Not too Scale)

2.50 Kms Open water swim: 1.25 Kms Course x 2 Laps
5.00 Kms Open Water swim: 1.25 Kms Course x 4 Laps
7.50 Kms Open Water swim: 1.25 Kms Course x 6 Laps
10.0 Kms Open Water swim: 1.25 Kms Course x 8 Laps

