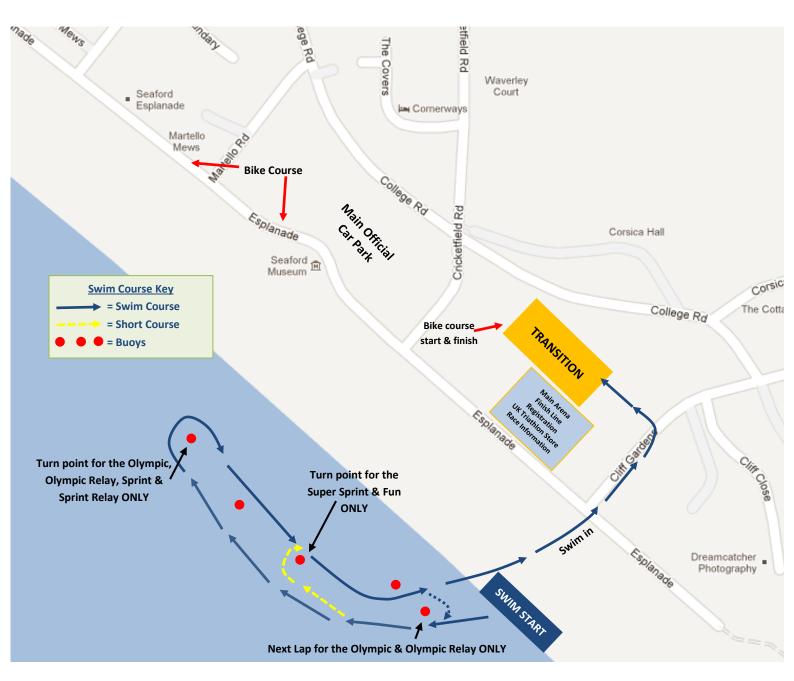


## **South Coast - Swim Course**



## **Swim Course Information**

- The swim at the South Coast Triathlon is a sea swim
- The swim course distance 750m
- The swim course distance for the Super Sprint & Fun is 200m (short course)
- **❖ IMPORTANT!** IT IS **COMPUSLORY** TO WEAR A WET SUIT FOR THE OLYMPIC & THE OLYMPIC RELAY SWIM
- It is not compulsory to wear a wet suit in the other distances but it is advisable
- There will be safety crafts on the water at all times as well as life guards on the beach
- There is a short run from the swim exit to the cycle transition of approximately 250m, there is matting for you to run/walk on, if you want to wear a pair of trainers from the swim exit, then make sure you take them with you to use as you exit the water
- Swim course for all the Super Sprint & Fun competitors (short course) x 1 lap = 200m
- ❖ Swim course for all the Sprint & Sprint Relay competitors x 1 lap = 750m
- ❖ Swim course for all the Olympic & Olympic Relay competitors
  x 2 laps = 1500m