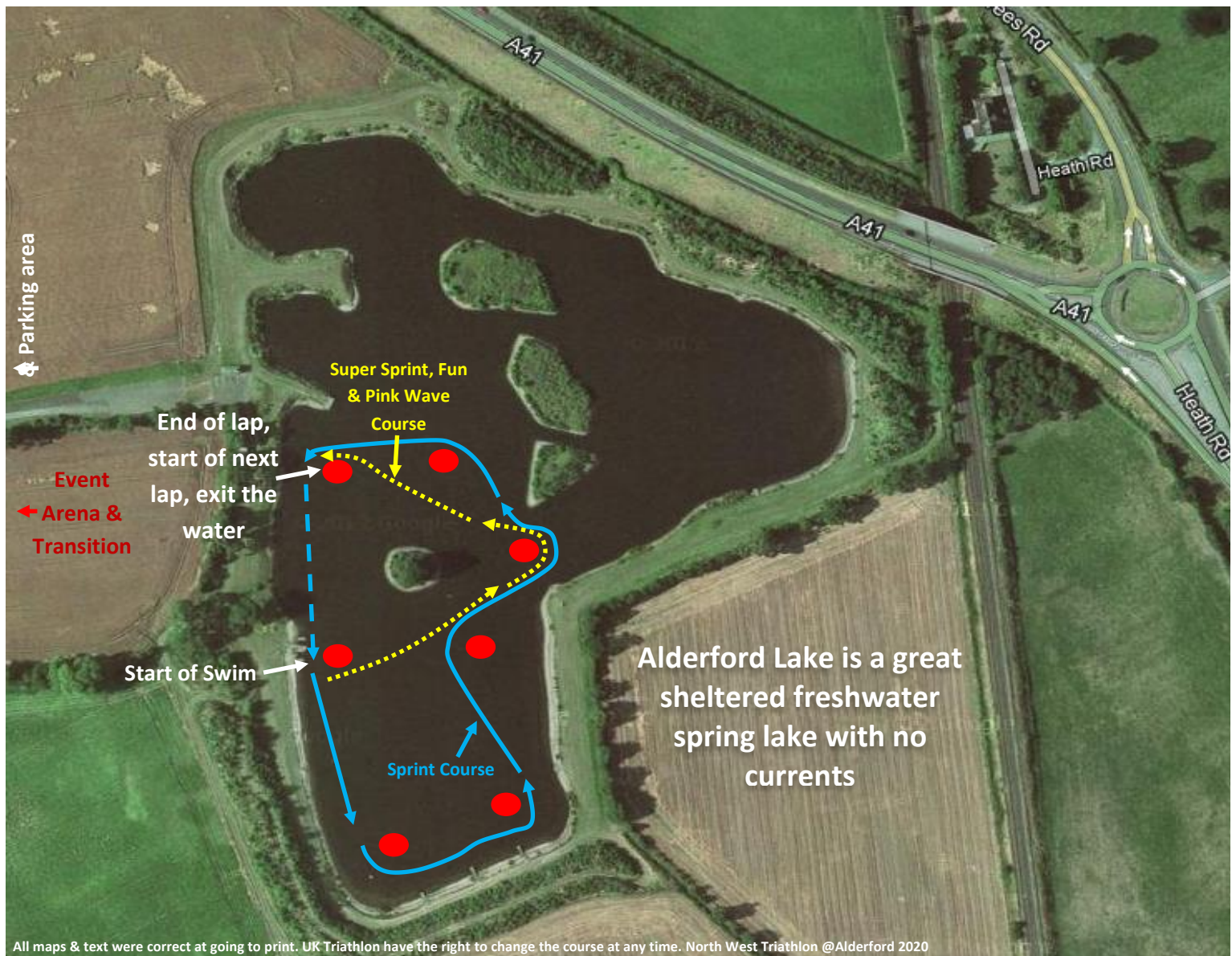


# The North West Triathlon @Alderford Swim Course 2020



## Swim course

**Sprint = 500m x 1 lap**

**Super Sprint, Fun & Pink Wave = 200m x 1 lap**

- ❖ There will always be a minimum of 8 safety crafts on the water
- ❖ For safety in the water, make sure you attend the race safety brief
  
- ❖ Covid-19 restrictions means you must be 2m apart from other swimmers at all times
- ❖ Please observe all Covid-19 restrictions around the course, keep 2m apart and make sure you sanitise your hands as much as possible