



**Ultimate ½ - 2 laps (blue dotted line) = 1.2 miles**

**Ultimate ¼ - 1 lap (blue dotted line) = 0.60 mile**

**Ultimate Sprint – 1 lap (short course, white dotted line) = 500m**

- ❖ At the completion of each swim lap, leave the water; run approximately 20m then get back into the water to start your next lap (Ultimate ½ only)
- ❖ There will be a drinks station serving water and High 5 as you exit after each lap
- ❖ There will be safety crafts on the water along with a minimum of 10 canoeists
- ❖ Water depth between 2 to 3 metres (6 to 10 feet)
- ❖ Short run from swim exit to transition
- ❖ Wetsuits are compulsory for the Ultimate Half
- ❖ Fresh water lake