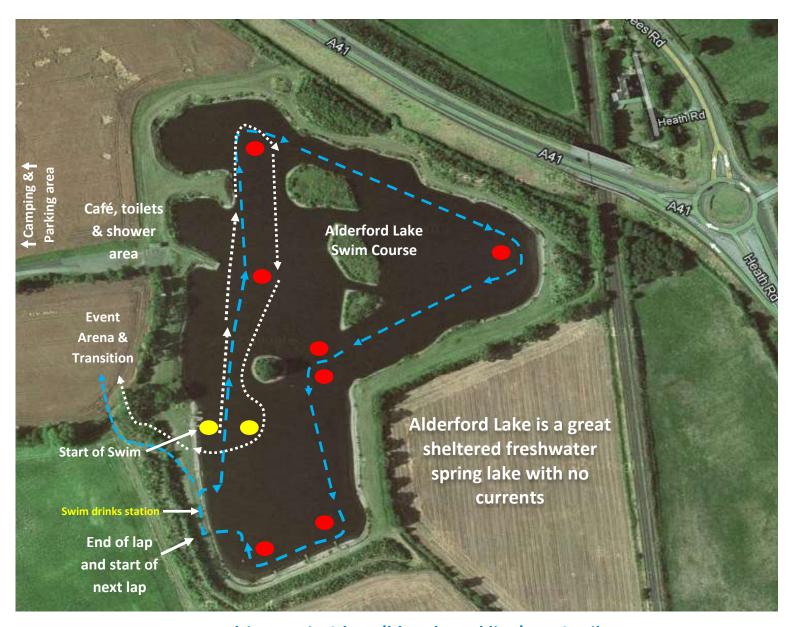


Ultimate ½, ¼ & Sprint Swim Course





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