



Course is triangular and 1500m for one cycle from start to large start buoy:

- Swimmers start in the water behind the 500m large start buoy—shown as X's
- Swimmers follow the red line and swim down the left hand side of the course to the small buoy at 250m mark, then come back towards the beach to the 500m large Start buoy on the inside of the course
- Swimmers then follow the green lines and swim the 1500m triangular course 3 times round on the left hand side of the buoys at all times
- At the finish the swimmers need to swim through the finish line between the small finish buoy and the 500m large start buoy for 10m.