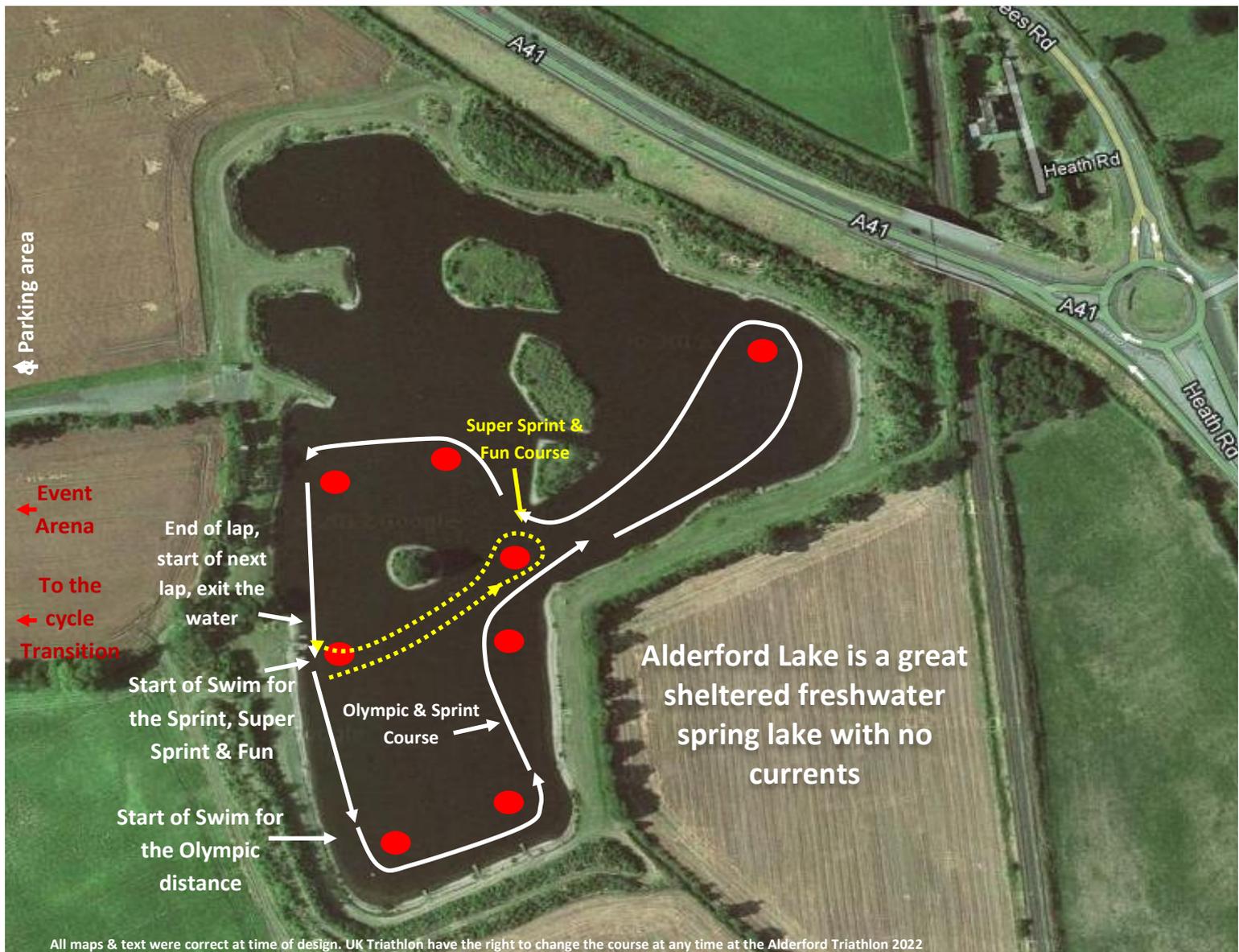


# The Triathlon @Alderford Swim Course



## Swim course

Olympic & Relay = 1500m x 2 laps (blue lined course)

Sprint & Relay = 750m x 1 lap (blue lined course)

**Super Sprint & Fun = 200m x 1 lap (yellow dotted lined course)**

- ❖ 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