



600m Swim Course: The swim is along the water front starting at the Tri HB flags just north of the Surf Club, with transition on the grassed area by the limestone carpark. The swim consists of 600m around buoy #3 on your left then rounding buoy #4 turning left towards the transition area. The Surf Patrol will be engaged to ensure participant safety. Swimmers exit the water and run or walk up through a chute to a transition area, where they tag their team cyclist.

1700m Kayak Course: Kayakers will be asked to line their boats up in numerical order starting from 400 and heading towards the Napier Hill making #599 the furthest from the Surf Club. Kayak waves will be in groups of 25 and will be done strictly in numerical order. All kayakers must wear a personal flotation device, or they will not be able to enter the water. Kayakers will follow the course out to buoy #1 to buoy #4 to Transition (see map). Upon landing craft on the beach, Kayakers must portage their boards into the 'drop area' on the marked grass area between the orange flags.

1300m Stand-Up Paddleboard: Stand-Up Paddleboarders will be asked to line their boards up in numerical order starting from 400 and heading towards the Napier Hill making #599 furthest from the Surf Club. Stand-Up Paddleboarder waves will be in groups of 25 and will be done strictly in numerical order. All Stand-Up Paddleboarders must wear a personal flotation device, or they will not be able to enter the water. Stand-Up Paddleboarders will follow the course out to buoy #2 to buoy #4 to Transition (see map). Upon landing craft on the beach, Stand-Up Paddleboarders must portage their boards into the 'drop area' on the marked grass area between the orange flags.