



KDV
BEDDING

TRANSITION ZONE

FINISH

SWIM START & EXIT

MOUNT-DISMOUNT



SWIM COURSES

SUPER-SPRINT 1 LAP=375m

SPRINT 2 LAPS=750m

STANDARD 4 LAPS= 1500m

OWS

1 lap = 750m

2 laps=1,500m

4 laps= 3,000m

OWS x 1 lap=375m RELAY

125m

125m

125m

OWS 750m

