

TRANSITION ZONE FINISH SWIM START & EXIT

MOUNT-DISMOUNT

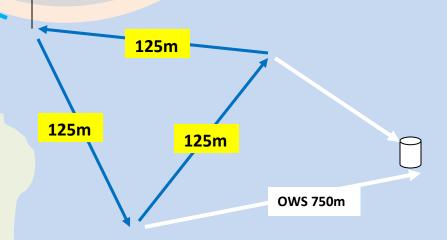
SWIM COURSES
SUPER-SPRINT 1 LAP=375m
SPRINT 2 LAPS=750m
STANDARD 4 LAPS= 1500m
OWS

1 lap = 750m

2 laps=1,500m

4 laps= 3,000m

OWS x 1 lap=375m RELAY





bonaqua.
water by design