



Ultimate Swim 4 laps = 2.4 miles

- ❖ At the completion of each swim lap, leave the water; run approximately 20m and get back into the water to start your next lap
- ❖ There will be a drinks station serving water and High 5 as you exit after each lap
- ❖ There will be safety crafts on the water along with a minimum of 10 canoeists
- ❖ Water depth between 2 to 3 metres (6 to 10 feet)
- ❖ Short distance run from swim exit to transition
- ❖ Wetsuits are compulsory for the Ultimate
- ❖ The Ultimate swim cut off time is 2 hours 30 minutes from the start of the race
- ❖ Ultimate start time 7.00am