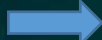






0900 start
 Le mans start - 100m
 Swim - 600m (including transition) 
 Run transition- 600m 
 Board - 1200m 
 Run to finish - 700m 
 Total: 3.2km
 Estimated time: 25 - 40 min

 Lifeguard

 IRB

 Marshalls x 2

