



# LONG AQUA

## SWIM LEG



- SWIM 900m (2 x 450m laps) Short sand run between laps
- ▬▬▬▬ RUN 7km    ▬▬▬▬ Swim Exit    ▬▬▬▬ Transition
- 🏠 Drink Stations    ➡ Start    ➡ Finish

