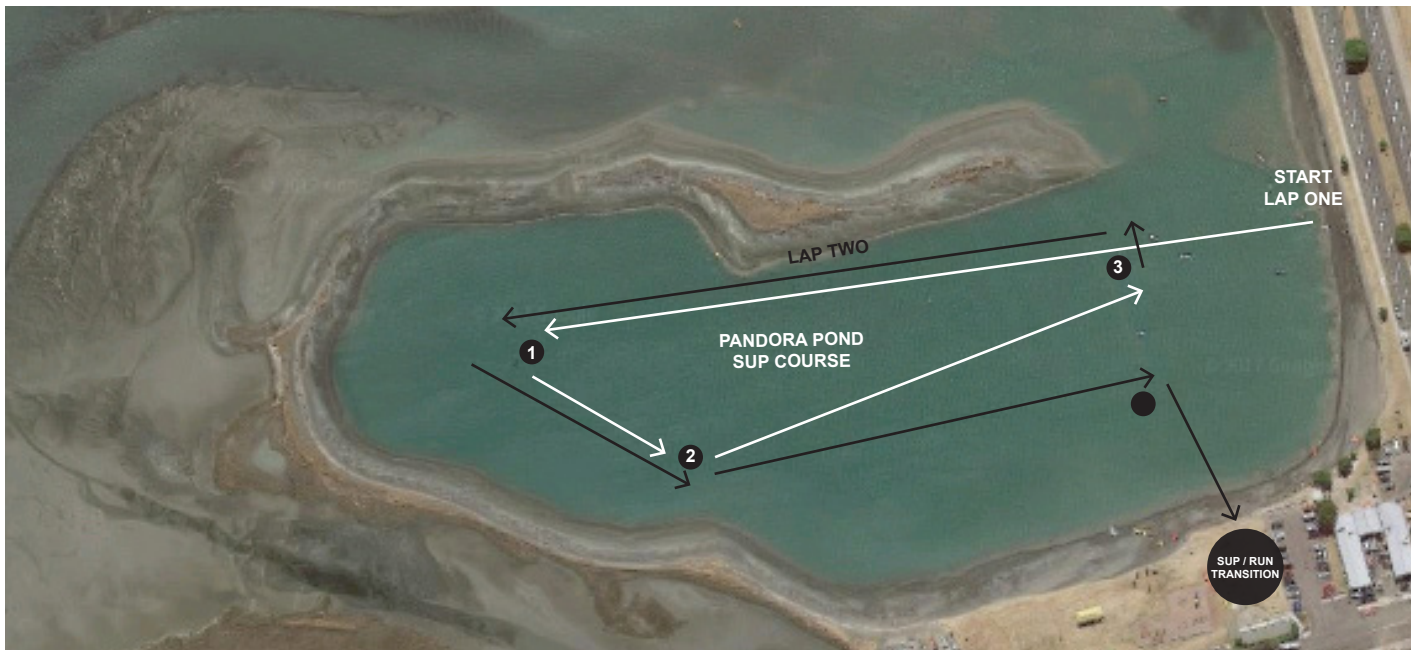


TREMAINS TRIATHLON 19 *TRI TOGETHER*

STAND UP PADDLE BOARD COURSE



1300m Stand Up Paddle (SUP) Board Course: SUP will START in waves (numbers dependent) in the water on Pandora Road You will proceed around the right hand side of buoys #3 and continue to #1 #2 #3 #1 #2.

After going around buoy #2 for the second time go around to the left of the yellow buoy and going to transition where you will tag your runner. Please move your SUP to the dump area ASAP.