



600m Swim Course: All swimmers will start in their colour waves on the shoreline adjacent to Pandora Road. They will swim towards the buoy which is labeled #1, turn left at that buoy and swim towards the next buoy labeled #2 on the right hand side of this buoy, then head towards the last buoy which will be a large inflatable orange buoy on the left hand side of the buoy turning right and heading directly towards the Humber Street Car Park where their runner will be waiting.

1700m Kayak Course: The start of the kayak will be a Rogaine start and kayakers are allowed to have an assistant to help them into their kayak to get into and out of the water. That person should not be the runner in their team where possible.

The Kayak heads out to the sandbar and travels around the right hand side of it turning left towards the old bridge. They travel towards the buoy and turns left around it and heads back towards Pandora Road. They turn right after the sand bar and head towards the white buoy labeled #3 turning on the right hand side of it and heading directly to shore in front of the playground area.

Their runner will be waiting in this area. Once they beach their runner can tag them there and continue on the run course. Once their runner has tagged them the kayak member must remove his kayak from the beach as quickly as possible to avoid congestion.