

Splash n Dash Course Map

SWIM: 100 metres, Point to Point. Start in waist to chest deep water opposite the Start Flag and swim parallel to the shore to and around the finish buoy exit the water and run up the beach to the Transition.

RUN 1 kilometres 1 lap anti clockwise: Exit transition into Marina Tce, left into Mata Place, left onto marina pathway across bridge and left into Kinloch Esplanade to Finish Line.

 Transition  Finish

