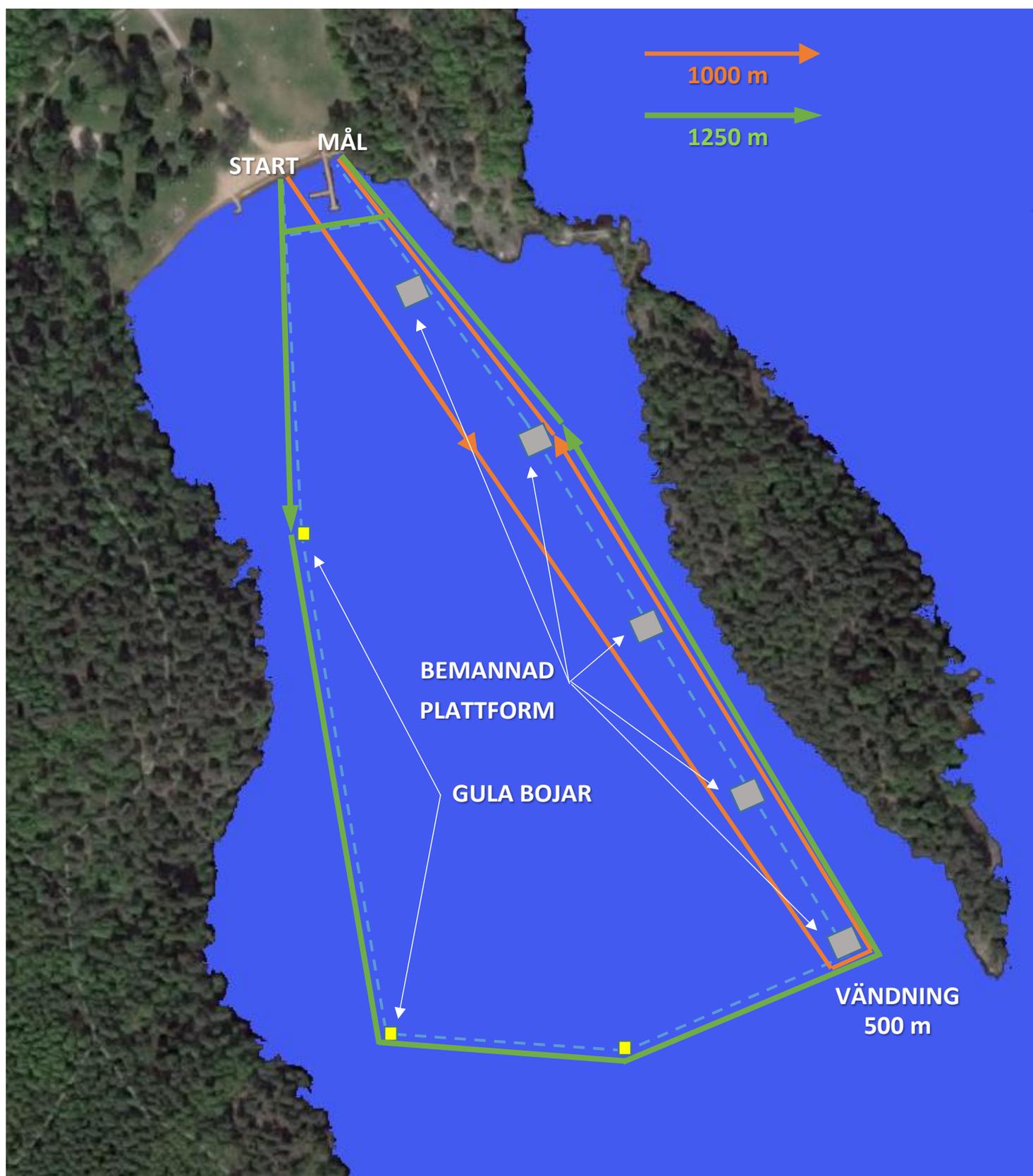


# Course Map



## Distances

1000 m (orange), 2500 m (2 x green) & 5000 m (4 x green)



## Starting Area

From 20 to 10 minutes before each start, the waves are allowed into the starting tent located down at the beach. Signage at the entrance of the tent shows which wave is currently being let in. At this stage, race personnel will check that you belong to the correct wave and that you are wearing your swim cap and electronic timing chip. The swim cap should be worn so that the race number is on the left side. Approximately 10 minutes before start, the wave is released into the next staging area where you will be able to drop off your bag with personal belongings. The staff watches the bags during the race, but the organizer does not assume responsibility for personal belongings.

All swimmers then pass through a gate where the electronic timing chip is registered. If for any reason you decide to discontinue the race after this point, you **must** notify race personnel and return your electronic timing chip. The edge of the water is the starting line. Before starting you will stand on the beach and await the start signal.

## Finish

The finish line is marked by a large orange sign with the text "FINISH". Immediately behind the finish line there will be signs, each depicting a hand. The correct finish is to place your hand with the electronic timing chip on one of these signs to register your finish. Then continue forward onto the beach.

A back-up time will be registered a few meters after the finish line.