

NOOSA

RUN SWIM RUN

LEGEND

8-13 YEARS

- 500M RUN - 1 lap
- 200M SWIM - 1 lap
- 500M RUN - 1 lap

14 YEARS AND OVER

- 1500M RUN - 1 lap
- 750M SWIM - 1 lap
- 1500M RUN - 1 lap

- START
- FINISH
- BUOYS
- CHECK IN - from 5:30am
- RECOVERY
- PRESENTATIONS
- PARKING

VENUE: Noosa Main Beach

8-13 YEARS Start Time: 6:30am

14 YEARS AND OVER Start Time: 7:00am

