





SWIM ROUTE

 **SPRINT**
600M
1 LAP

 **ULTRA**
1.9KM
1 LAP

 **153 ULTRA**
3KM
1 LAP

-  SWIM START
-  SPRINT START
-  BOUY

- 400M RUN TO BIKE TA
-  SWIM EXIT

Due to the water quality at Country Club beach, all swimmers will exit at the Suncoast Sundeck and run the 400m on the promenade past Suncoast to the bike transition.