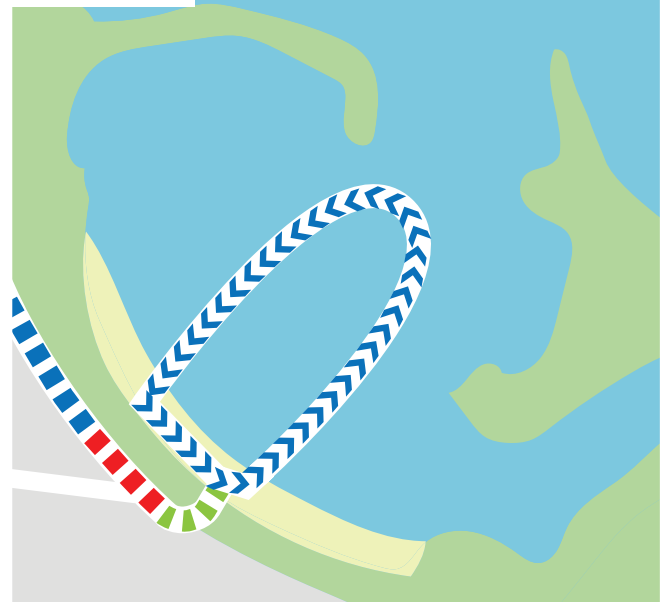


Metres  
0 100 200 300 400 500

# SHORT AQUA

## SWIM LEG



SWIM 400m (1 lap)

RUN 3km Swim Exit Transition

Drink Stations Start Finish

