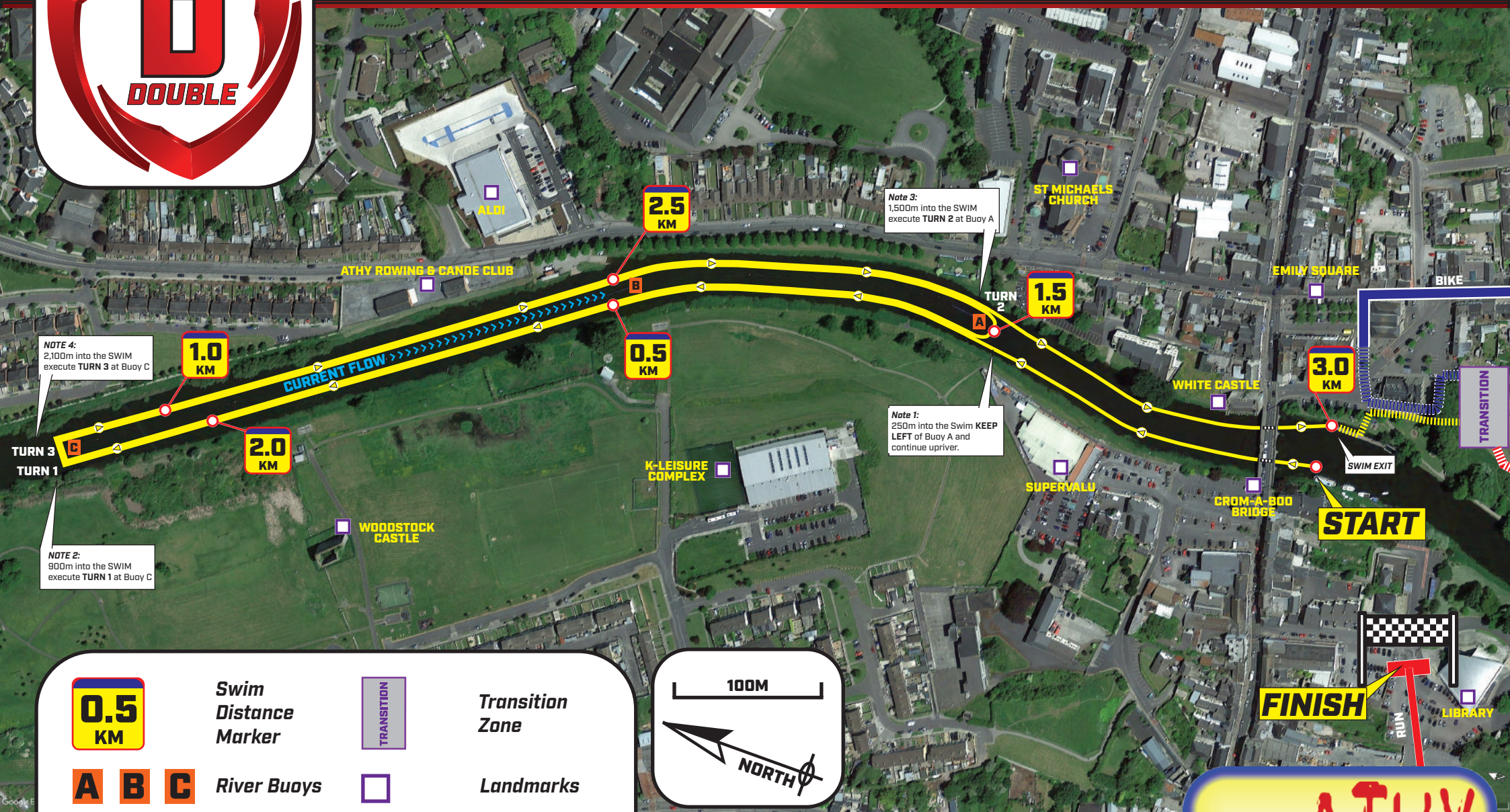




 **3,000m**













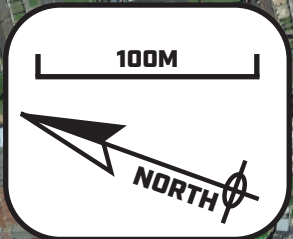
**NOTE 4:**  
2,100m into the SWIM  
execute **TURN 3** at Buoy C

**NOTE 2:**  
900m into the SWIM  
execute **TURN 1** at Buoy C

**Note 3:**  
1,500m into the SWIM  
execute **TURN 2** at Buoy A

**Note 1:**  
250m into the Swim **KEEP LEFT** of Buoy A and continue upriver.

	Swim Distance Marker		Transition Zone
	River Buoys		Landmarks
	Swim Route		T1 IN Route
	Cycle Route		T1 OUT Route
	Run Route		T2 OUT Route



**SWIM**

**TRIATHY**  
FORTITUDE - VINCIMUS  
1st JUNE 2024