

# NIPPER COURSES



## COURSE KEY:

- u6, u7, u8 – Start, Wade, Finish
- u9, u10 – Start, Wade, Swim 1, Finish
- u11, u12 – Start, Wade, Swim 1, Swim 2, Run, Finish
- u13 – Start, Wade, Swim 1, Swim 2, Swim 3, Run 2 (drink available), Finish

Note: Swims are only permitted in swim arena's 1, 2 and 3 with adequate water safety.