

SENIOR COURSE



COURSE KEY

- LAP 1 (Yellow arrow)
- LAP 2 (Red arrow)
- LAP 3 (Purple arrow)
- LAP 4 (Green arrow)

2021 SENIOR TED SCOTT DISTANCES

START RUN = 250m
SWIM 1 = 700m | RUN 1 = 2.7km
SWIM 2 = 700m | RUN 2 = 2.0km
SWIM 3 = 700m | RUN 3 = 1.0km
SWIM 4 = 450m

TOTALS - SWIM = 3.05km | RUN = 5.95km