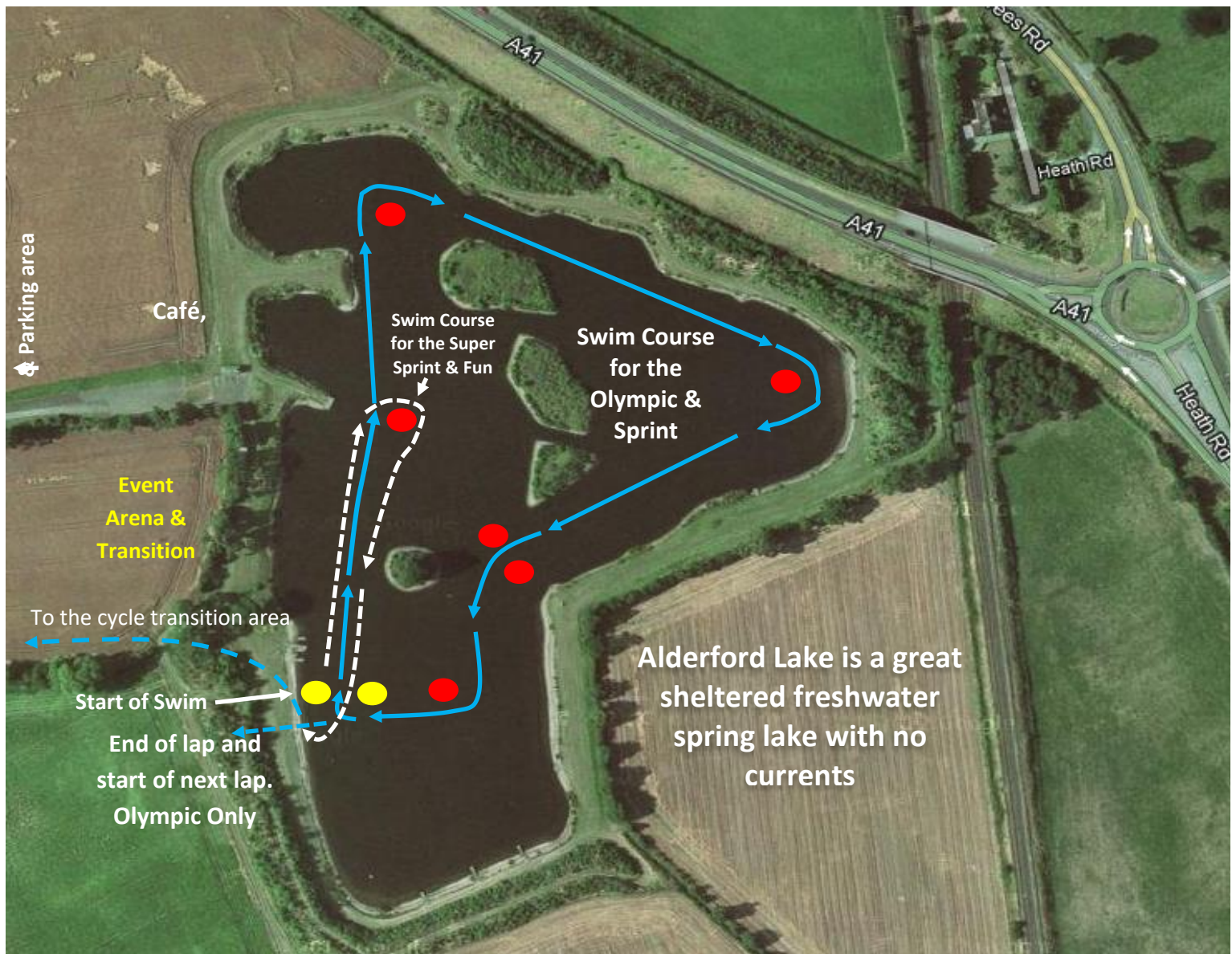


# The Triathlon @Alderford Swim Course 2022



- ❖ There will be safety crafts on the water along with a minimum of 10 canoeists
- ❖ Water depth between 2 to 3 metres (6 to 10 feet)
- ❖ Olympic & Olympic Relay x 2 laps = 1500m
- ❖ Sprint & Sprint Relay x 1 lap = 750m
- ❖ One full lap of the swim course = 750m
  
- ❖ Super Sprint & Fun x 1 small lap = 200m (White dotted line)