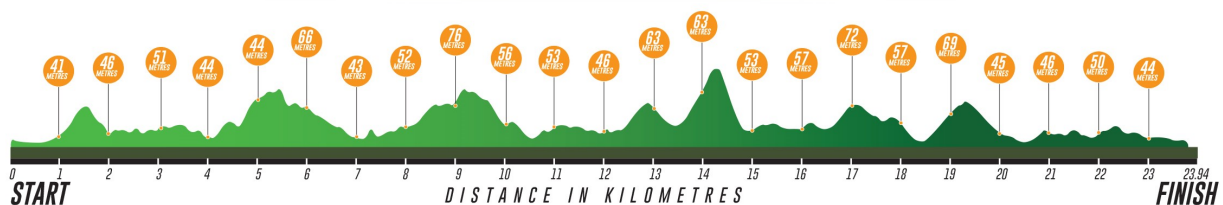


MIDDLE COURSE MAP

KEY	
	RUN
	SWIM
	FEED STATION
	SWIM 1 (1170M)
	RUN 1 (5.7KM)
	SWIM 2 (330M)
	RUN 2 (11.1KM)
	SWIM 3 (450M)
	RUN 3 (1.5KM)
	SWIM 4 (630M)
	RUN 4 (2.3KM)
	SWIM 5 (760M)
TOTAL SWIM 3340M TOTAL RUN 20.6KM TOTAL DISTANCE 23.94KM	

GREAT SWIMRUN - MIDDLE COURSE ELEVATION CHART

LOWEST 41M | HIGHEST 97M | TOTAL ASCENT 490.60M



PROVISIONAL ROUTE - SUBJECT TO CHANGE UNTIL DAY OF THE EVENT