

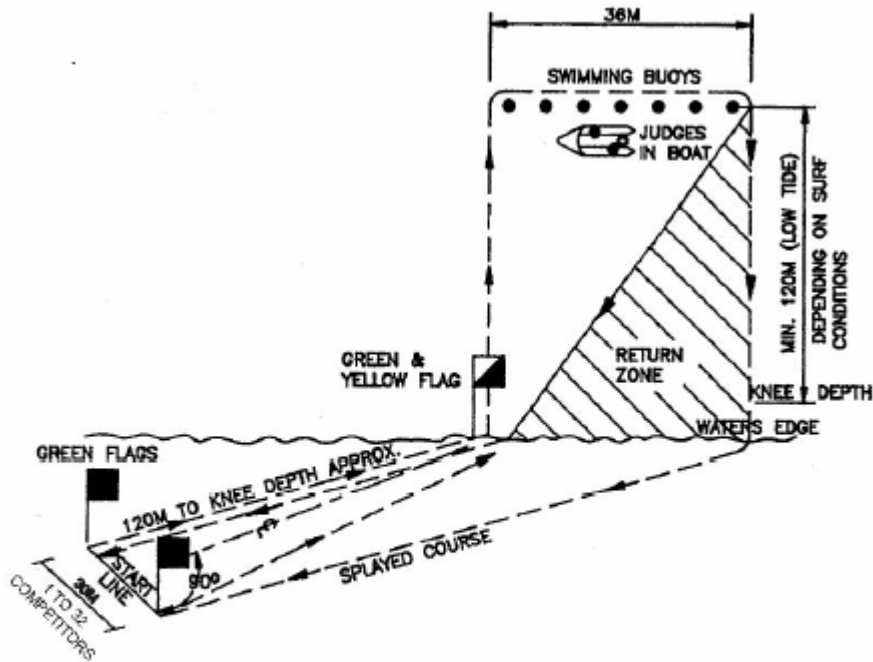
## 4.7 RUN-SWIM-RUN

### 4.7.1 The Course

The course shall be as detailed in the diagram.

### 4.7.2 Procedure

Competitors shall commence from the start line, run along the beach to the green and yellow turning flag, pass around the flag, enter the water, swim to and around the buoys, return to shore, again rounding the green and yellow flag and return to the finish line marked by two green flags.



**RUN - SWIM - RUN**  
(Distances approximate only)

**NOTE:** THE BEACH SET UP RELATIVE TO THE POSITIONING OF THE BUOYS MAY BE ADJUSTED DEPENDENT ON THE SURF CONDITIONS.