



Ultimate Aquathlon notes

Aquathlon Distances:

Ultimate Aquathlon 1.2 mile (2 laps) Lake Swim

6.5 mile (4 laps) Lakeside Run

Ultimate Relay Aquathlon 1.2 mile (2 laps) Lake Swim

6.5 mile (4 laps) Lakeside Run

Ultimate Half Aquathlon 0.6 mile (1 lap) Lake Swim

3.25 mile (2 laps) Lakeside Run

- ❖ At the completion of each swim lap, leave the water; run approximately 20m and get back into the water to start your next lap
- ❖ There will be a drinks station serving water as you exit after each lap
- ❖ 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)
- ❖ Wetsuits are compulsory for the Ultimate Aquathlon & Relay (1.2 mile swim)
- ❖ Your shoe transition will be at the waters edge as you complete your allocated number of laps