

SWIMRUN JERVIS BAY - LONG COURSE

LEG	DISCIPLINE	DISTANCE
1	SWIM	700m
2	RUN	2300m
3	SWIM	600m
4	RUN	300m
5	SWIM	400m
6	RUN	1000m
7	SWIM	400m
8	RUN	900m
9	SWIM	200m
10	RUN	500m
11	SWIM	300m
12	RUN	700m
13	RUN	500m
14	SWIM	400m
15	RUN	700m
16	SWIM	2300m
17	RUN	600m
18	SWIM	300m
19	RUN	400m
20	SWIM	1000m
21	RUN	400m
22	SWIM	900m
23	SWIM	200m
24	SWIM	500m
25	SWIM	300m
26	SWIM	700m