

## SWIMRUN JERVIS BAY - SHORT COURSE

LEG	DISCIPLINE	DISTANCE
1	SWIM	700m
2	RUN	2300m
3	SWIM	700m
4	RUN	300m
5	SWIM	400m
6	RUN	450M
7	RUN	450m
8	SWIM	400m
9	RUN	300m
10	SWIM	700m
11	RUN	2300m
12	SWIM	700m