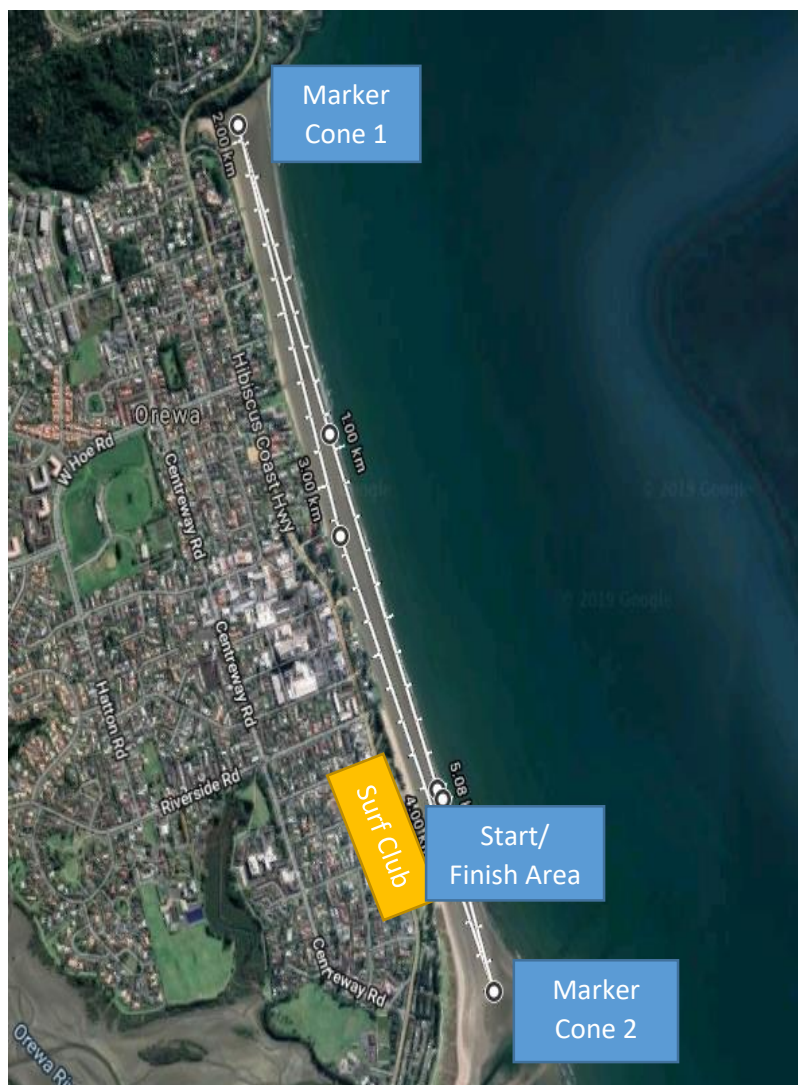


SLSNR Long Distance Course & Format:

- Competitors can complete one or all legs as an individual or a team
- Individual leg competitors, not part of a team will be set off separately.
- Boats & Canoes will be started separately but complete the outlined Ski course.

Please note that competitor warm up area will be south of the club house, no warm ups to be done in the course area.

Run Course: 5km



- Competitors will start in the Start/Finish (located in front of Orewa SLSC) and head North towards Marker Cone 1 located at the northern end of the beach.
- Competitors will turn anti-clockwise around Marker Cone 1 and head towards Marker Cone 2, located past Orewa SLSC at the Southern end of the beach
- Competitors will make an anti-clockwise turn around Marker Cone 2 and head back to the Start/Finish area, where they will start the swim leg or tag their swimmer.

Swim Course: 1500m-1800m

- Competitors will start on the beach, swim out to 'A' buoy, and make an anti-clockwise turn to swim North 1000m to 'B' Buoy.
- Competitors will reach 'B' Buoy, make a clockwise turn 180 degrees and head back to 'A' Buoy
- Competitors will swim back to 'A' buoy, make a clockwise turn towards the beach either pick up their Skis for the next leg or tag their ski paddler within the Start/Finish area.





Ski Course, Boat & Canoe: 12km

- Competitors will start on the beach, in the Start/Finish area, paddle out and turn anti-clockwise around 'A' Buoy
- Competitors will head 3km North to Hatfields Beach and turn clockwise around 'C' Buoy.
- Competitors will return South to 'A' buoy to complete the first of two laps.
- Competitors will turn clockwise around 'A' Buoy and repeat the course for a second lap.
- Upon completing their second lap, competitors will make a left turn at 'A' Buoy and head back to the start/finish area and start their board leg or tag their board paddler.

Board Course: 6km

- Competitors will start on the beach and paddle 200m out to 'A' Buoy, turn clockwise and head out to the 'Shit Stick', located 1500m (approx.) off the beach, in a south eastern direction.
- Competitors will paddle out to the 'Shit Stick', complete a clockwise turn around it and head back to 'A' Buoy.
- Competitors will turn clockwise around 'A' Buoy and repeat the course for a second lap.
- Upon completing their second lap, competitors will make a left turn at 'A' Buoy and head back to the beach and finish between the two Start/Finish flags.

