



2021 INDIVIDUAL WORKOUT

Event 1 - You're Welcome

This is a swim/run event to get the body moving, the endorphins flowing and maybe spot a Dolphin or two! ALL athletes will start this event from the iconic Husky Wharf where the **mandatory briefing** will take place at 0545 hours.

Now take a breath, and read on...

Advanced Athletes

For time, complete:

- 500m Open Water Swim
- 5k Beach Run*

Time Cap: 60 minutes

Intermediate & Masters Athletes

For time, complete:

- 300m Open Water Swim
- 3k Beach Run*

Time Cap: 60 minutes

Notes To Athletes

Swim: Athletes are permitted to wear wetsuits if they choose. Speedsuits are not permitted. Accessory devices such as floats, pull buoys, fins and hand paddles are not permitted.

There will be a huge water safety team in place from Nowra Culburra Surf Life Saving Club so everyone can just focus on having fun!

Run: The run will be a combination of beach and concrete path and will be clearly marked. Athletes must run on the designated route at all times and are required to wear suitable footwear. Support vehicles and/or pacers are not allowed. Wearing headphones is not allowed.

There will be a designated area at the swim exit where athletes can position their shoes (before attending the mandatory briefing at the wharf) for easy access before starting the run. For OH&S reasons communal foot baths will not be provided BUT, athletes are welcome to use their water bottle and/or towel to wash the sand off their feet if they so choose. A bin will be positioned at the run start for all rubbish to be discarded appropriately.

The run includes crossing a creek which may involve a partial (short) swim - water safety staff will be positioned here too.

***Minimum work requirements:** Athletes will be recorded entering the water at the swim start and must reach the turn point on the run before the Time Cap is reached.