

Ironman Swim Course : 3.8km



- Remember to attach your timing chip before passing through the official beach exit from the transition zone to register a time, without this you will be disqualified.
- Wetsuits are allowed, and athletes may warm up next to the start area.
- The swim starts at 07.00am, and consists of two laps of the above course, with athletes running approximately 20m on the beach before starting the second lap.
- Cut off time 2hrs 20 min after race start.