





Start & Finish

S/F

**KIDS ( 7 -12 yrs old )**

500m run - 1 lap  
200m swim - 1 lap  
500m run - 1 lap

**ADULTS ( 13yrs + )**

1500m run - 1 laps   
750m swim - 1 lap   
1500m run - 1 laps 

**Venue:** Noosa Heads Surf Club

**Kids Start Time:** 4:45pm

**Adults Start Time:** 5:00pm

