



Pre-Season training day is on!!!

October 6th, 7.00am sharp start, Opito Bay. Breifing 6.45am at Opito Bay.

Short Course option, 300mtr swim, 13km ride, 5km run.

Long Course, 900mtr swim, 30km ride, 8.5km run.

Can participate as individuals or teams of two or three.

Course Maps here...

Short Course Swim... Along the beach front at Opito Bay

Short Course Bike... <https://bit.ly/2YWkeRZ>

Short Course Run... <https://bit.ly/2KRanUu>

Long Course Swim... Along the shore front and back through the boats.

Long Course Bike... <https://bit.ly/31Ajbon>

Long Course Run... <https://bit.ly/31D4LDM>

7.00am start at Opito Bay. All participants will start together.

Participants under 16 must be accompanied by a legal guardian for the cycle leg.

Tail Horse Charlie will follow the field to the Stone Store Domain.

BBQ at the conclusion of the event, 10.00am approx. Gold Coin donation. Spot prizes

[Entry Form here...](https://bit.ly/2KNvPtf)

