

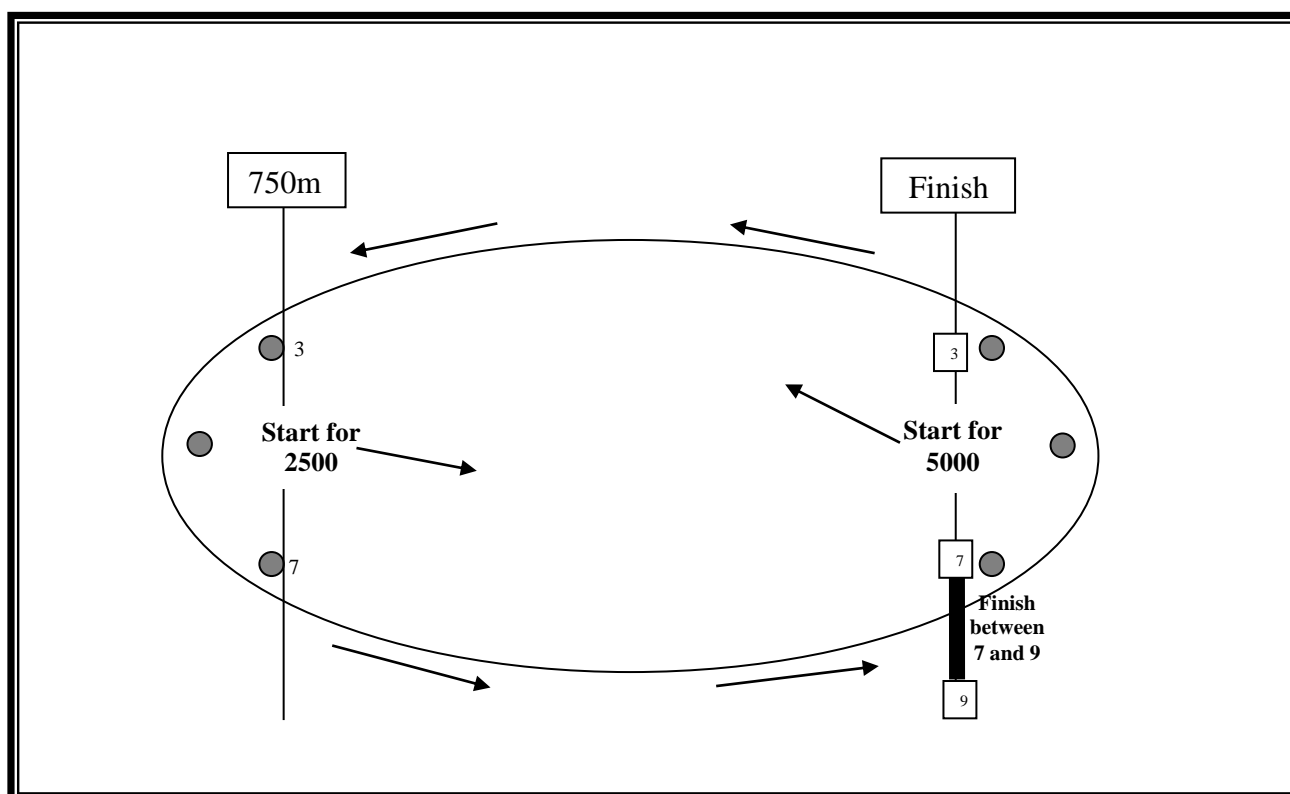
Long Distance Courses

5000m Course – 3 laps

- **Start on the finish line** between lanes 3 and 7
- Paddle up to the 750m mark and turn around the 3 Pink buoys in an anti clock-wise direction.
- Paddle to 3 pink buoys just past the finish line and turn around them in an anticlockwise direction.
- Complete 2 more laps of the course.
- Finish at the finish line between buoys 7 and 9

2500m Course – 1 ½ laps

- **Start at 750m mark** between lanes 3 and 7
- Paddle up to the finish line and turn around the 3 pink buoys in an anti clock-wise direction.
- Paddle to 3 pink buoys at the 750m mark and turn around them in an anticlockwise direction.
- Finish at the finish line between buoys 7 and 9



Centre turning buoy is approx 20 Metres out from the Finish and 750m buoy lines