

10. MAPS (Site & Water Areas)

CUDGEN CLASSIC - EXTENDED IRON PERSON EVENT

APPROXIMATE COURSE DISTANCES & LAYOUT

UNDER 10 Foamie Challenge

START: Paddler #2 starts the race with a run – tags paddler #1 who completes the course then tags paddler #3 waiting at the tag flag who runs around the run flags and tags paddler #2 who completes the course then tags paddler #1 waiting at the tag flag who then runs around the run flags and tags paddler #3 who completes the course and then, without their board runs through the finish

Under 11 thru to Under 17 = 4 person Cameron Relays

START: Runner #1 runs from start line around flag and down to tag board paddler
Board paddler completes course and tags runner #2
Runner #2 runs around run flags and tags swimmer
Swimmer completes course and finishes with a run to finish line

IRON PERSON EVENTS

Competitor runs the designated run course to their board. Completes the distance of the board course, (doesn't need to take the board over the line)
Rounds the run leg turning flags to the water and completes the swim course

DISTANCES

Under 10	
Run	= 500 metres
Board	= 400 metres
Swim	= 300 metres

Under 11 - 12	
Run	= 500 metres
Board	= 500 metres
Swim	= 300 metres

Under 13 - 14	
Run	= 500 metres
Board	= 800 metres
Swim	= 500 metres

Under 15 - 17	
Run	= 500 metres
Board	= 1000 metres
Swim	= 500 metres