



3 HOUR

CHECKPOINT VALUES ARE ROUNDED DOWN TO NEAREST 10 (IE. CP45=40 POINTS, 14=10 ETC)

EVENT START: 9.00AM (ALL TEAMS BEGIN TREKKING FROM HH)

EVENT FINISH: 12.00PM (MINUS 10 POINTS PER MINUTE LATE

COURSE CLOSURE: 12:30PM (ALL POINTS ARE LOST)

ALL 3 HOUR TEAMS MUST BEGIN KAYAKING AT HH, THEN BIKE, THEN

STAGE 1 - BLUE CHECKPOINTS -KAYAK ONLY:

- START AND FINISH THIS STAGE AT HH - IF YOU TRANSITION TO BIKE OR TREK. YOU MUST PUNCH CP30 (WILL BE CARRIED BY AN OFFICIAL AT THE KAYAK TRAILER, AND MAY ONLY BE PUNCHED AFTER YOUR KAYAK HAS BEEN CARRIED AND/OR LOADED ONTO THE TRAILER AS THEY DIRECT)
- WATER LEVELS AS SHOWN ON MAP ARE AT 80%, WHILST CURRENT LEVELS ARE ACTUALLY 37%. HENCE, SHORELINE WILL NOT BE AS SHOWN ON THE MAP.

STAGE 2 - BLACK CHECKPOINTS -

- CAN ONLY BE COLLECTED ON BIKE HAVING STARTED AT HH AND FINISHED
- IF YOU TRANSITION FROM STAGE 2 **BIKE TO STAGE 3 TREK, YOU MUST** PUNCH THE TRANSITION PUNCH AT HH
- YOU CAN HOWEVER RIDE YOUR **BIKES CLOSE TO A BLACK** CHECKPOINT AND THEN WALK IN TO COLLECT BEFORE RETURNING TO YOUR BIKES.
- BIKES LEFT ANYWHERE ON THE COURSE ARE DONE SO AT YOUR OWN

STAGE 3 - RED CHECKPOINTS -

- TREKKING ONLY: - CAN ONLY BE COLLECTED ON FOOT
- HAVING STARTED AT HH AND FINISHED
- THERE IS NO REASON TO ENTER THE 2 CAMPGROUND AREAS MARKED OUT-OF-BOUNDS, PLEASE AVOID







