

YESMAN™



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**Date:** Saturday 22nd May

**Venue:** Marine Surf Life Saving Club

**Events:**

- Charlie: 300m Swim / 3km Run (Min age 8yrs) **1 Water Table on Run (start of run)**
- Bravo: 500m Swim / 4km Run (Min Age 12yrs) **1 Water Table on Run (2km)**
- Alpha: 1km Swim / 8km Run (Min Age 16yrs) **2 Water Tables on Run (Every 2km)**

**Registration** @ Marine SLC @ 6am to 7am (50 ppl max inside registration at 1 time)

**Swim Start:** Ushaka Pier

**Swim Exit:** Ushaka Beach

**Takkie ZONE:** Grass area in front of Ushaka

**Run Routes:** North towards North Beach (1.5km out and back & 2km out & back)

**Finish Line:** Promenade In front of Marine SLC

**Start Times:**

- Alpha: 6:50am
- Bravo: 7:10am
- Charlie: 7:25am

**Costs to enter:**

- Alpha: R330.00
- Bravo: R260.00
- Charlie: R200.00

**Includes:** Quest / ZONE3 Swim Cap, Finish Drink, Timed Race & Body Marking

No prize giving as per Covid Protocols. Event is limited to 250 competitors.

**Entries close on Wednesday 19<sup>th</sup> @ 10am. No late entries will available.**

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