

CHOOSE YOUR WEAPON OCEAN TRI (CYWOT)

'The ultimate test of endurance and skill for ocean athletes'

Starting this spring the all new ocean racing experience. Running swimming and paddling 3 races, 3 different courses all designed to bring the best out in the ocean going sportsperson.

Choose your weapon.

So what is different about CYWOT?

Growing up we have all learnt to run and swim at some point in our lives. The difference lies in the type of paddle sport we have chosen amongst the many options available. So we have created an event that balances the speed of each paddling discipline and enables each and every person on the course to race each other over the same race.



Presented by
SMARTLINE
PERSONAL MORTGAGE ADVISERS

CHOOSE YOUR WEAPON

Run
Swim
Paddle

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CYWOT is designed to test a range of athletes from a variety of different sports over challenging courses. A series of 3 races held at Collaroy.

Each race comprises of running, swimming and your desired *paddling weapon*.
Race as an individual, duo or team relay.

How do we do it?

The run and swim courses will be identical for all athletes. The point of difference lies in the course option for your particular weapon. Surf skis will paddle a longer course than paddle boards and SUPs, as will the later compared to surfboards.

All the courses will be worked out as close as possible to the maximum speed of each paddle craft. Competitors can race as an individual or duo completing the whole course or in one of the various team relay options.



Where Collaroy Beach, NSW

Race 1 10 Sept 2011 Race 2 15 Oct 2011 Race 3 5 Nov 2011

Enter Online **OCEANPADDLER.COM**

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