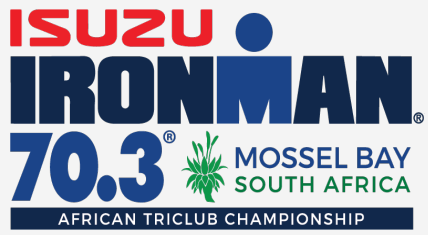
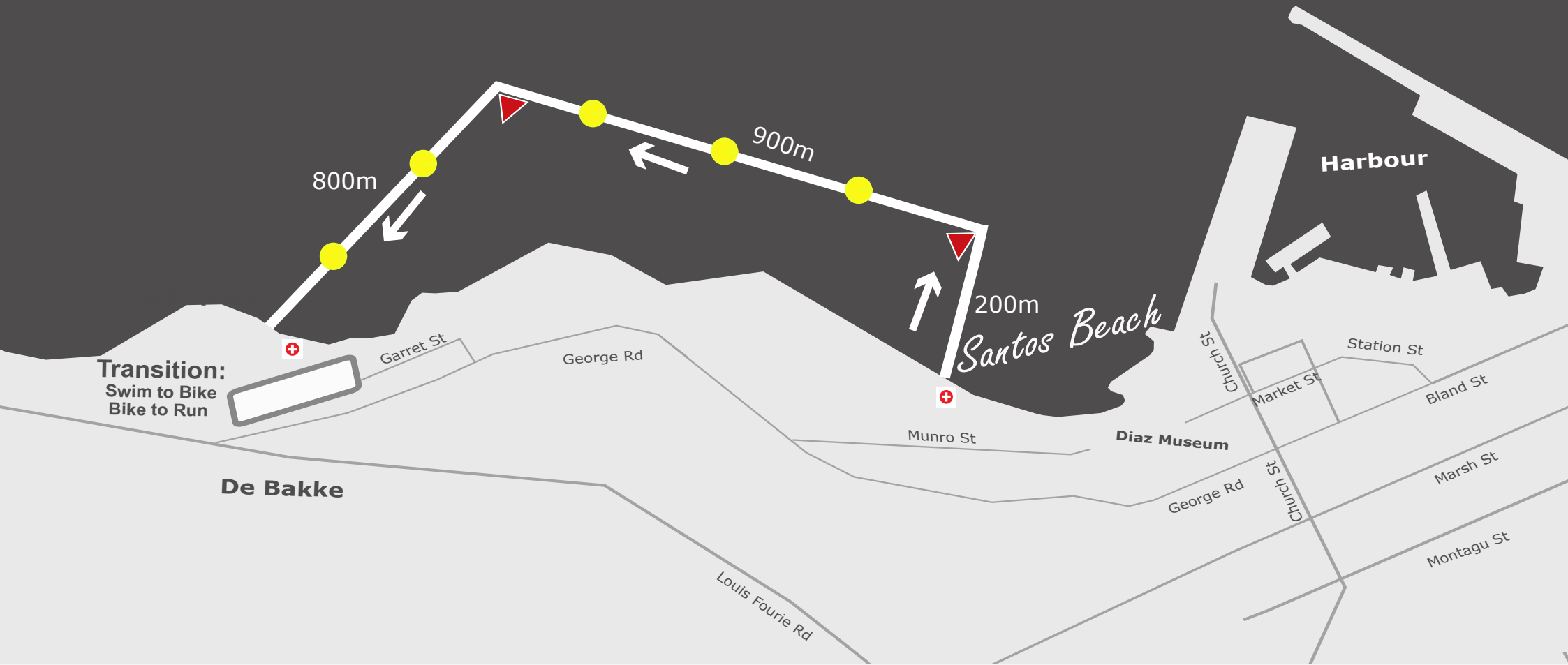


# RŌKA®

- ▲ Red Turn Buoys
- Yellow Guider Buoys
- ⊕ Medical Pod & Drop Out (Swim only)



**SWIM 1.9 km**  
1 Lap

**Mossel Bay**