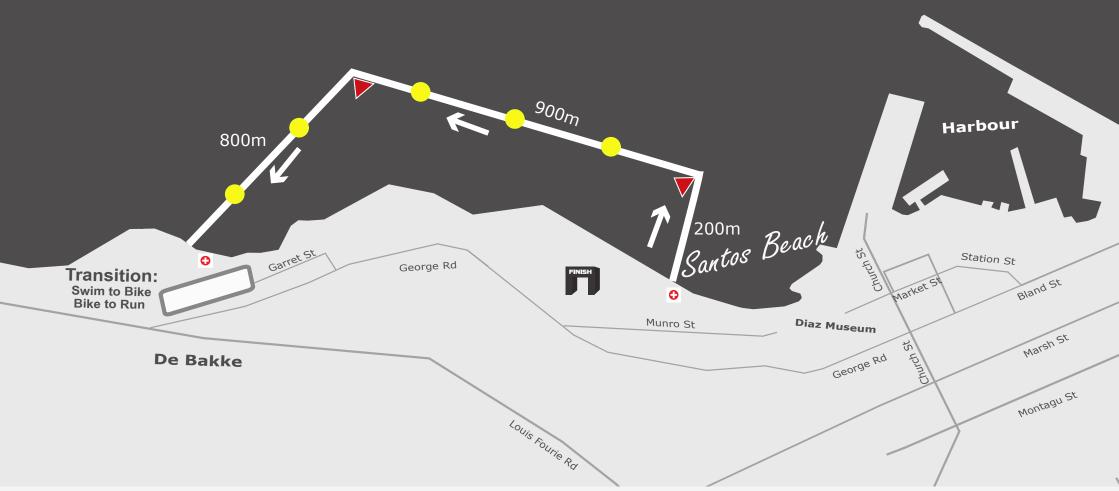
## $R \overline{O} K \Lambda^{\circ}$

Red Turn Buoys

- Yellow Guider Buoys
- Medical Pod & Drop Out (Swim only)





**SWIM 1.9 km** 1 Lap

**Mossel Bay**