



HEART180
Lifesaving Defibs

HEART180 ENDUR

WA IRONMAN SERIES



SUNDAY 22 OCTOBER

**OPEN MEN
& WOMEN**

U19

U17

U14/15

WHEN

Start time 8:00am at City Beach
1 hour length - Men and Women (endurance format)

CASH PRIZES

Open Men and Women	U19 Men and Women	U17 Men and Women	U14/15 Men and Women
1st \$400	1st \$250	1st \$200	1st \$75
2nd \$200	2nd \$150	2nd \$125	2nd \$50
3rd \$100	3rd \$75	3rd \$75	3rd \$25

ENTRIES

Entry fee \$25 - All entries via entries.surftec.com.au

Enquiries to markstewart@iinet.net.au

CITY OF
PERTH



 **MR. STRANGE**
EYEWEAR





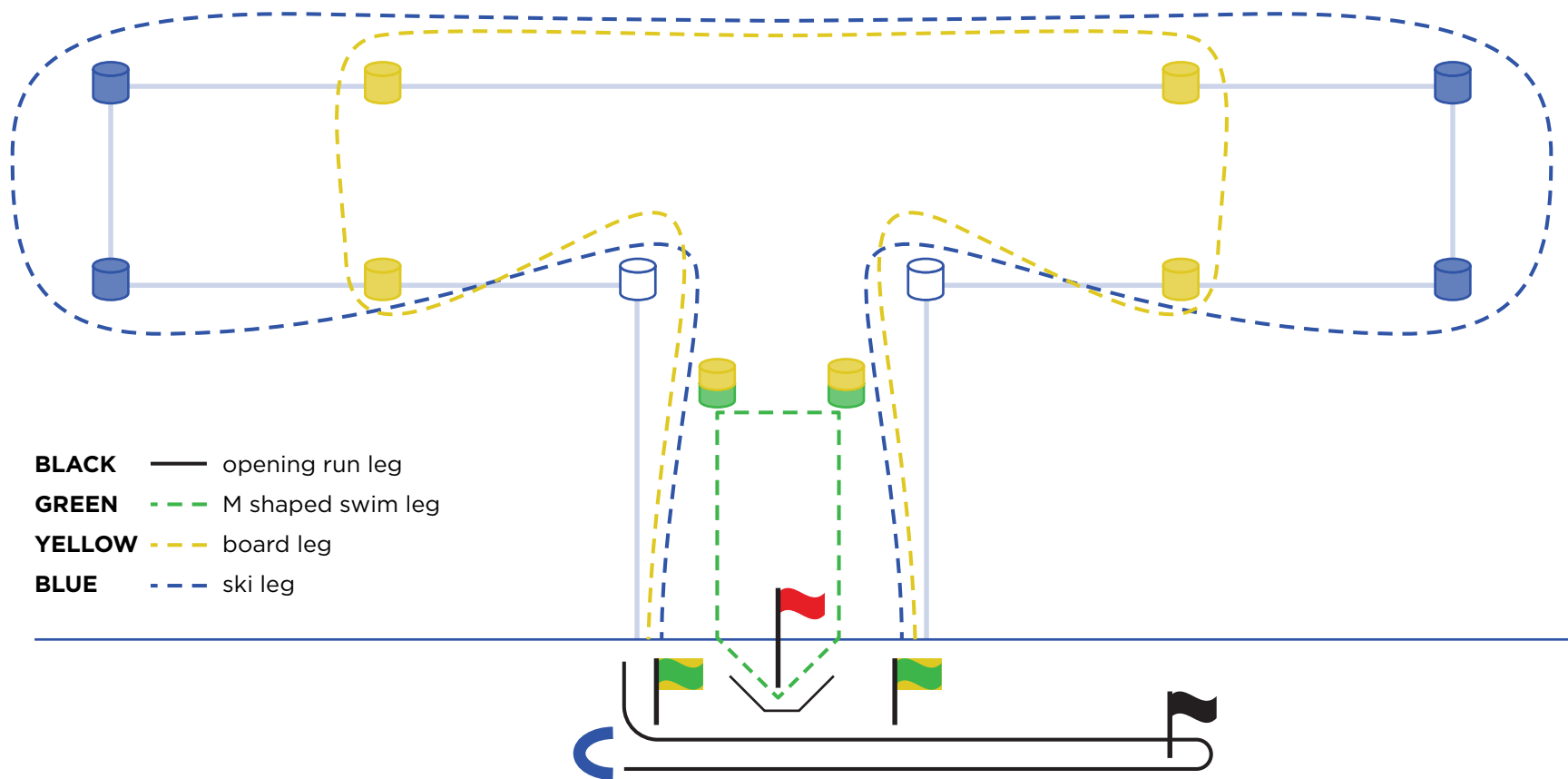
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RACE COURSE



U17 & U14/15

Run	350m
Board	1280m
Run	300m
Swim	600m
Run	300m
<i>x twice around course</i>	

Senior & U19

Run	350m
Ski	2050m
Run	300m
Board	1280m
Run	300m
Swim	600m
Run	300m
<i>x twice around course</i>	