

# Wednesday

## 12 August

400m swim, 2 mile run

## 19 August

600m swim, 2 mile run

## 26 August

800m swim, 2 mile run

**Races start at 5:45pm, Sunset House**



# Stroke & Stride



### Pre-registration

Tuesday 11 August, 5:00pm - 7:30pm, My Bar-Sunset House

**Race day registration** From 4:30pm-5:15pm

Entry is \$25 for the series or  
\$10 per race-individuals and teams

See [www.ogier.com](http://www.ogier.com) for details on the charity challenge