



# CHIEFTAIN CHALLENGE

SUNDAY 16 DEC 2018  
10.30AM RACE START

## Mona Vale to Warriewood

The Chieftain Challenge is a series of short, sharp swim and run legs starting at Mona Vale basin and finishing at Warriewood Surf Life Saving Club.

Registration includes timing chip and momento Chieftain trucker cap.



600m swim

400m run

300m swim

800m run

800m swim

300m run

200m swim

50m sprint to the line

*All running is on sand so no shoes are required.*

Entry is via the ocean swims website:

[www.oceanswims.com](http://www.oceanswims.com)

Registration on the day will occur at the starting area, the basin, Mona Vale beach from 8.30am – 10.00am.

Shuttle run available – put your name down at registration if you would like this service.

Further enquiries:

Warriewood SLSC

Elise Andrews

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**\$45 per competitor**

**\$90 per team**

(up to 4 competitors)