
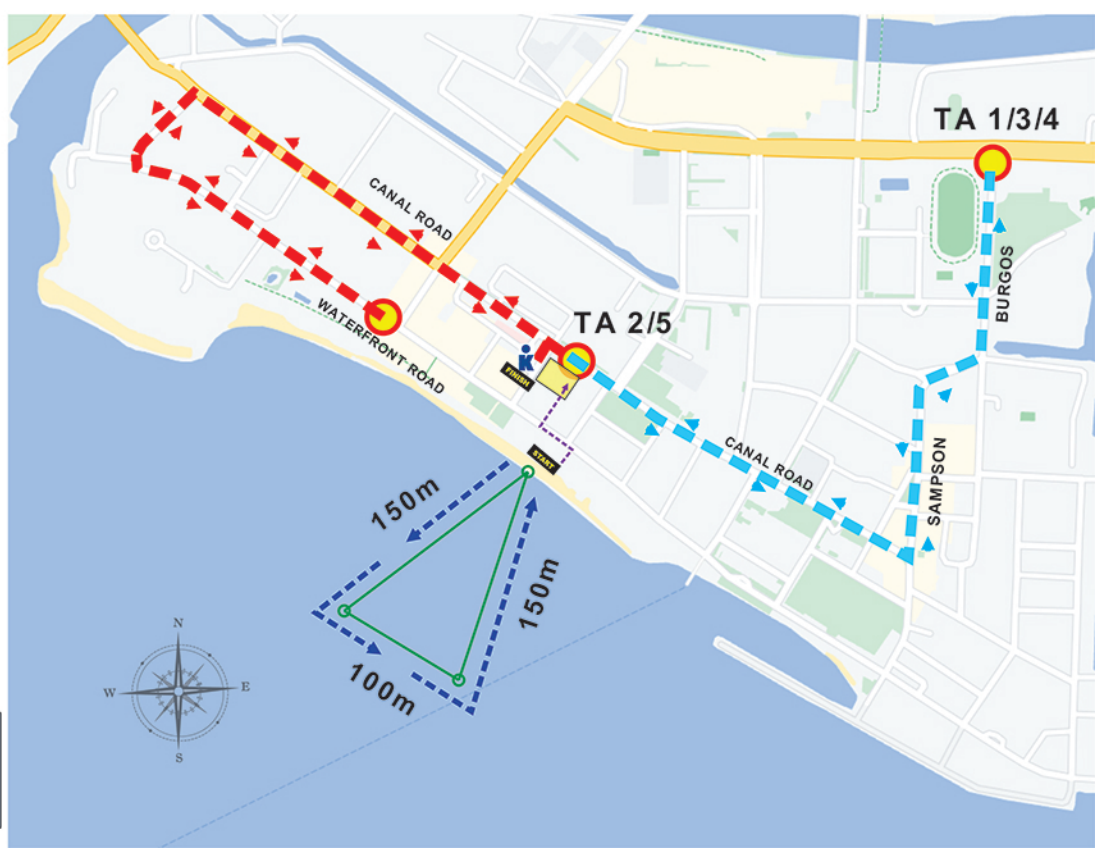


LEGEND

-  SWIM 400M
-  SWIM TO TRANSITION
-  BIKE 8KM (3 loops)
-  RUN 3KM (1 loop)
-  TURNAROUND
-  IK FINISH
-  TRANSITION

13-14 YRS OLD

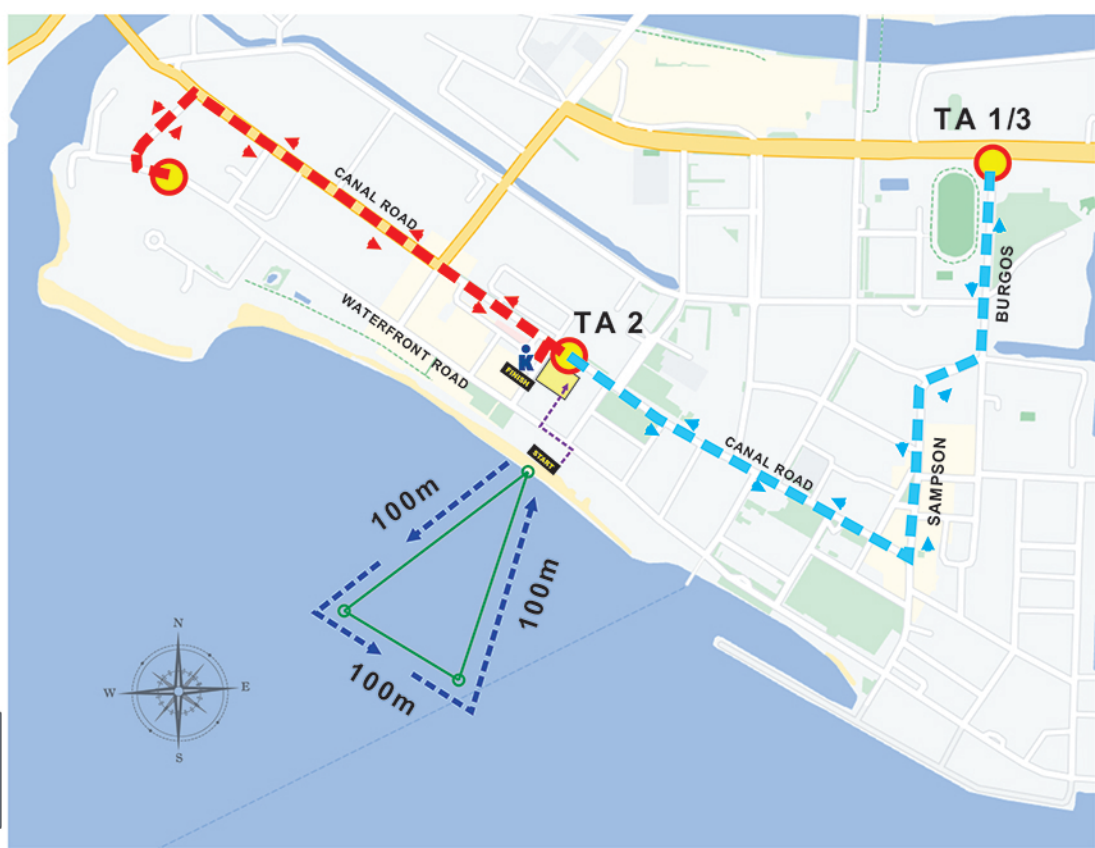


SUBIC BAY

LEGEND

-  SWIM 300M
-  SWIM TO TRANSITION
-  BIKE 6KM (2 loops)
-  RUN 2KM (1 loop)
-  TURNAROUND
-  IK FINISH
-  TRANSITION

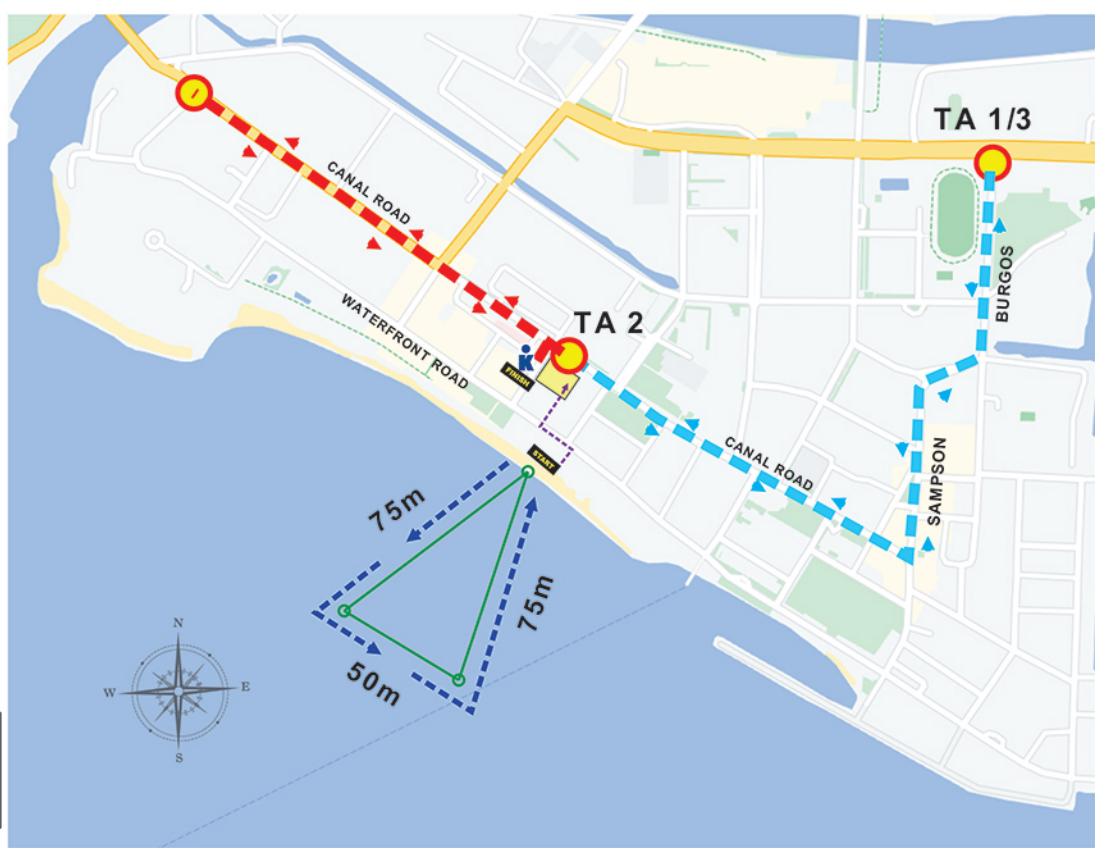
11-12 YRS OLD



LEGEND

-  SWIM 200M
-  SWIM TO TRANSITION
-  BIKE 6KM (2 loops)
-  RUN 1.5KM (1 loop)
-  TURNAROUND
-  IK FINISH
-  TRANSITION

9-10 YRS OLD



LEGEND

-  SWIM 100M
-  SWIM TO TRANSITION
-  BIKE 2KM (1 loop)
-  RUN 1KM (1 loop)
-  TURNAROUND
-  IK FINISH
-  TRANSITION



6-8 YRS OLD
6-10 RELAY