



LEGEND

- SWIM 250M
- SWIM TO TRANSITION
- BIKE 6KM (3 loops)
- RUN 2KM (1 loop)
- TURNAROUND
- AID STATION
- IK FINISH
- TRANSITION
- AMBULANCE
- MEDICAL TENT

13- 15 YRS OLD





11-12 YRS OLD
11-15 RELAY



LEGEND

- SWIM 200M
- SWIM TO TRANSITION
- BIKE 4KM (2 loops)
- RUN 1.5KM (1 loop)
- TURNAROUND
- AID STATION
- IK FINISH
- TRANSITION
- AMBULANCE
- MEDICAL TENT



