



LEGEND

- SWIM 400M
- SWIM TO TRANSITION
- BIKE 6KM (3 loops)
- RUN 2KM (1 loop)
- TURNAROUND
- AID STATION
- IK FINISH
- TRANSITION

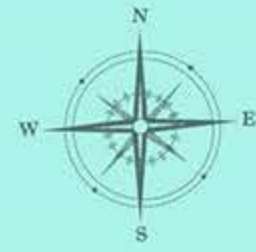
13-15 YRS OLD



LEGEND

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

11-12 YRS OLD
11-15 RELAY





9-10 YRS OLD



LEGEND

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

**6-8 YRS OLD
6-10 RELAY**

