

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

TA 1

BALAYONG  
PEOPLE'S  
PARK

### LEGEND

- SWIM 100M (4 laps)
- SWIM TO TRANSITION
- RUN 1.5KM (1 loop)
- TURNAROUND
- HYDRATION
- MEDICAL
- IK FINISH
- TRANSITION

City Hall Road

PALAWAN  
SPORTS  
COMPLEX

FINISH

BALAYONG  
INTERACTIVE  
WATER PARK

START

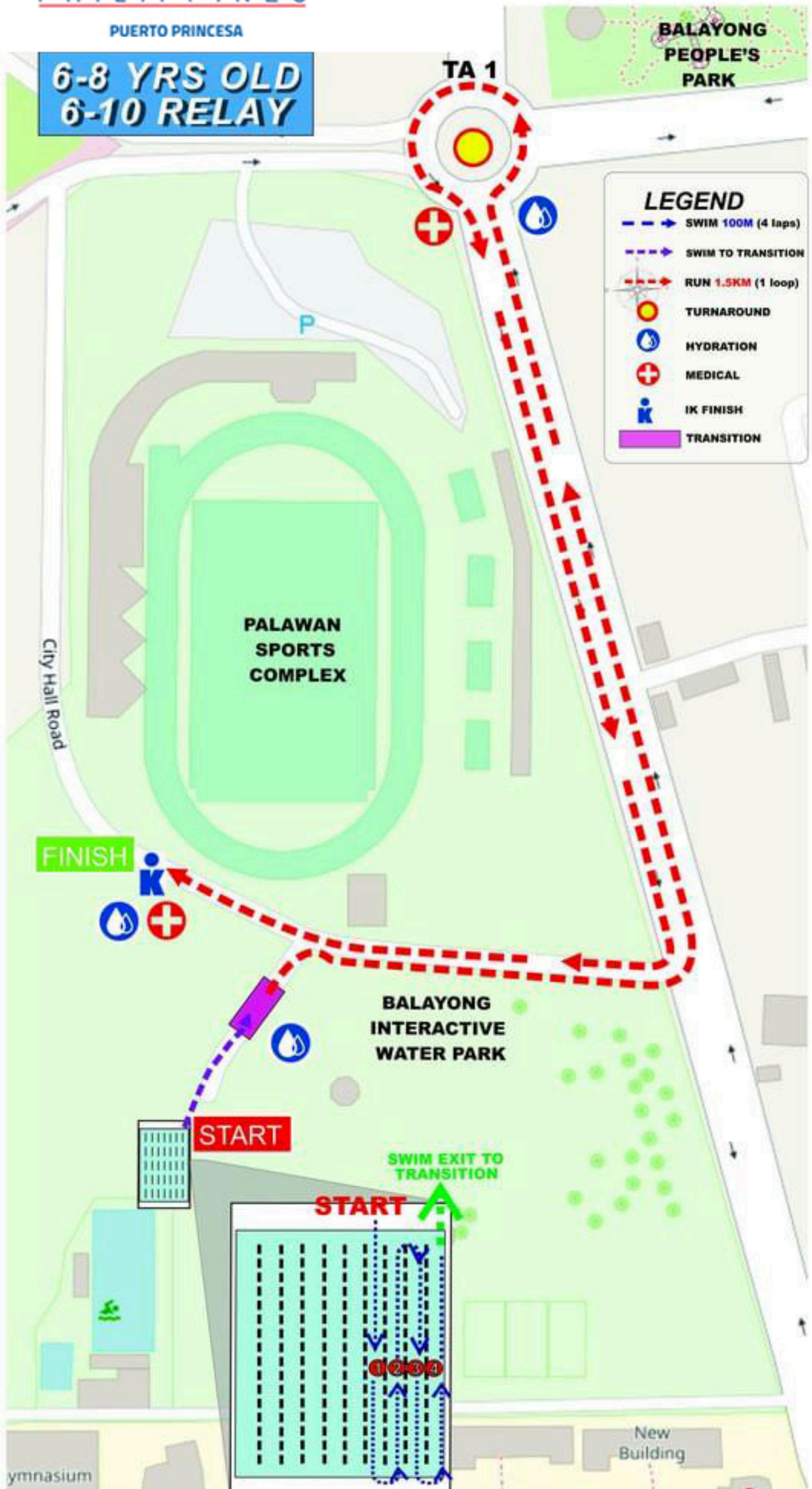
SWIM EXIT TO  
TRANSITION

START

deep

New  
Building

ymnasium



9-10 YRS OLD

TA 2

BALAYONG  
PEOPLE'S  
PARK

### LEGEND

- SWIM 150M (6 laps)
- SWIM TO TRANSITION
- RUN 1.5KM (1 loop)
- TURNAROUND
- HYDRATION
- MEDICAL 90°F
- IK FINISH
- TRANSITION

PALAWAN  
SPORTS  
COMPLEX

City Hall Road

FINISH

BALAYONG  
INTERACTIVE  
WATER PARK

START

SWIM EXIT TO  
TRANSITION

START

New Building

University  
Clinic  
College of Arts  
and Humanities

TA 1



Gymnasium

College of Criminal  
Justice Education

College of Business  
and Accountancy

College of Teacher  
Education

and Health  
Sciences

1 2 3 4 5 6

PUERTO PRINCESA

**11-12 YRS OLD**  
**11-15 RELAY**

TA 2

BALAYONG  
PEOPLE'S  
PARK

### LEGEND

- SWIM 200M (8 laps)
- SWIM TO TRANSITION
- RUN 1.5KM (1 loop)
- TURNAROUND
- HYDRATION
- MEDICAL 90°F
- IK FINISH
- TRANSITION

PALAWAN  
SPORTS  
COMPLEX

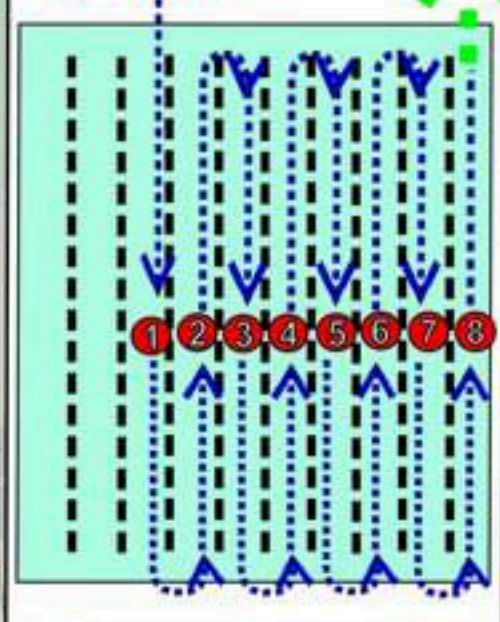
FINISH

START

BALAYONG  
INTERACTIVE  
WATER PARK

SWIM EXIT TO  
TRANSITION

START

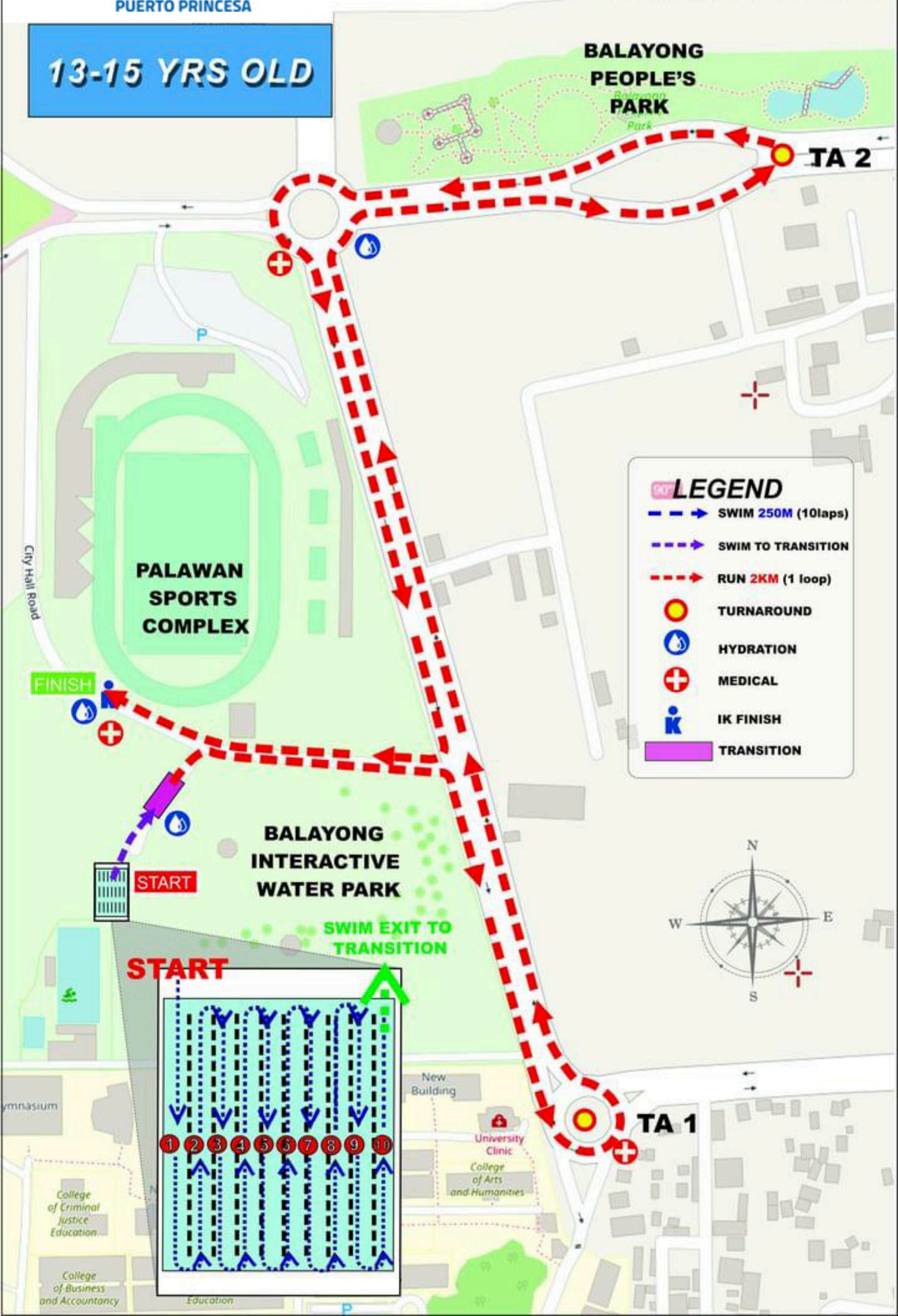


TA 1

gymnasium  
College of Criminal Justice Education  
College of Business and Accountancy

New Building  
University Clinic  
College of Arts and Humanities  
College of Teacher Education  
College of Health Sciences

**13-15 YRS OLD**



**LEGEND**

- SWIM 250M (10laps)
- SWIM TO TRANSITION
- RUN 2KM (1 loop)
- TURNAROUND
- HYDRATION
- MEDICAL
- IK FINISH
- TRANSITION

