

LEGEND

-  SWIM COURSE
-  SWIM TO TRANSITION
-  RUN TO FINISH
-  TURNAROUND
-  HYDRATION (WATER)
-  IK FINISH
-  AMBULANCE
-  TRANSITION

TA 1

TRANSITION

TRANSITION

6-8 YRS OLD
6-10 YRS RELAY



LEGEND

- SWIM 150M
- SWIM TO TRANSITION
- RUN 1.5KM (2 laps)
- RUN TO FINISH
- TURNAROUND
- HYDRATION (WATER)
- EX FINISH
- AMBULANCE
- TRANSITION





