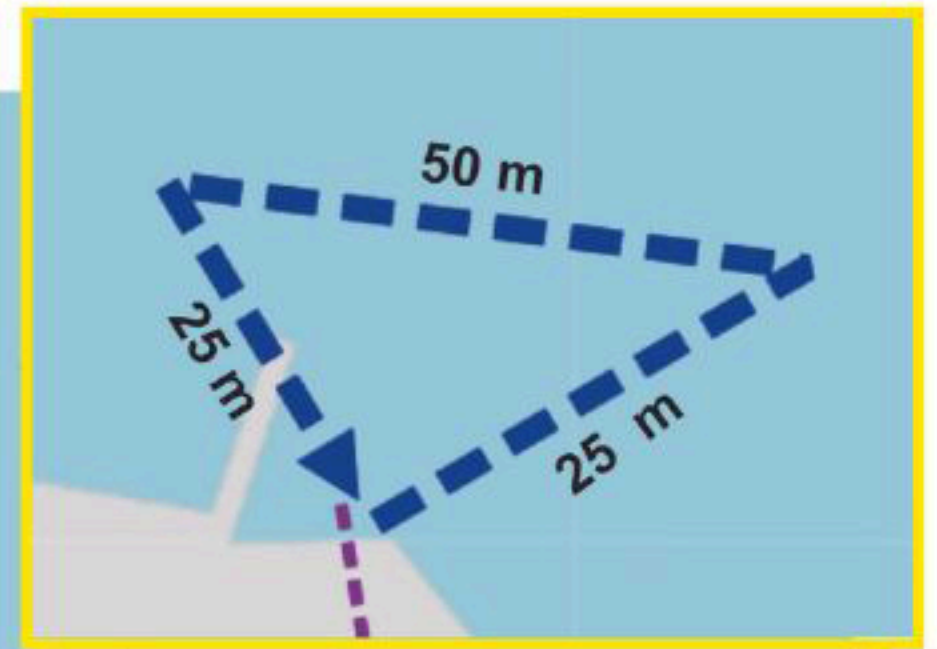


LEGEND

- ① — SWIM 100M
- ② — SWIM TO TRANSITION
- ③ — RUN 1KM
- ④ — RUN TO FINISH
- TURNAROUND
- 💧 HYDRATION (WATER)
- 🏃 IK FINISH
- 🚑 AMBULANCE
- ▭ TRANSITION



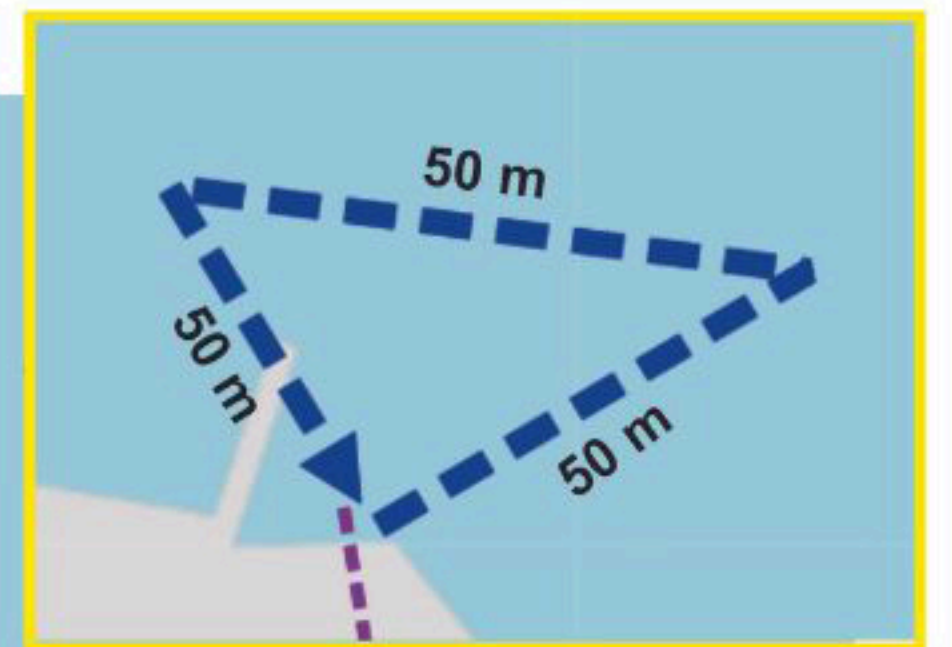
6 - 8 YRS OLD
6-10 YRS

RELAY



LEGEND

- ① - - - - -> SWIM 150M
- ② - - - - -> SWIM TO TRANSITION
- ③ - - - - -> RUN 1.5KM (2 loops)
- ④ - - - - -> RUN TO FINISH
- (Yellow) TURNAROUND
- (Blue) HYDRATION (WATER)
- (Blue) IK FINISH
- (Red) AMBULANCE
- (Pink) TRANSITION

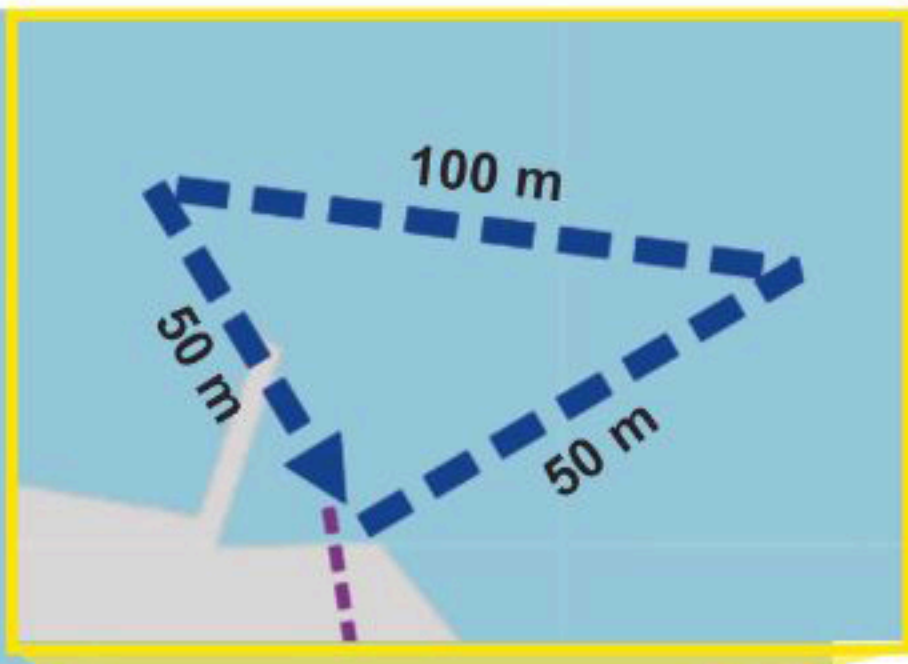


9 - 10 YRS OLD



LEGEND

- ① - - - -> SWIM 200M
- ② - - - -> SWIM TO TRANSITION
- ③ - - - -> RUN 1.5KM (2 loops)
- ④ - - - -> RUN TO FINISH
- (Yellow) TURNAROUND
- (Blue) HYDRATION (WATER)
- (IK) IK FINISH
- (Ambulance) AMBULANCE
- (Pink) TRANSITION

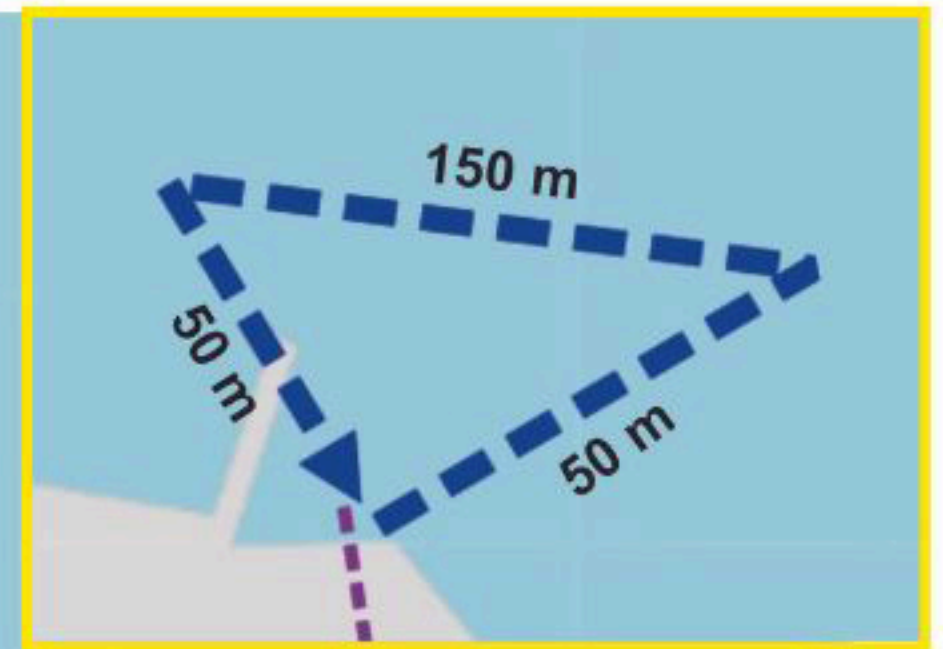


**11 - 12 YRS OLD
 11-15 YO RELAY**



LEGEND

- ① ———→ SWIM 250M
- ② - - - - -→ SWIM TO TRANSITION
- ③ - - - - -→ RUN 2KM (2 loops)
- ④ - - - - -→ RUN TO FINISH
- TURNAROUND
- 💧 HYDRATION (WATER)
- IK IK FINISH
- 🚑 AMBULANCE
- TRANSITION



13 - 15 YRS OLD

