

Swim Course (25 yard pool)

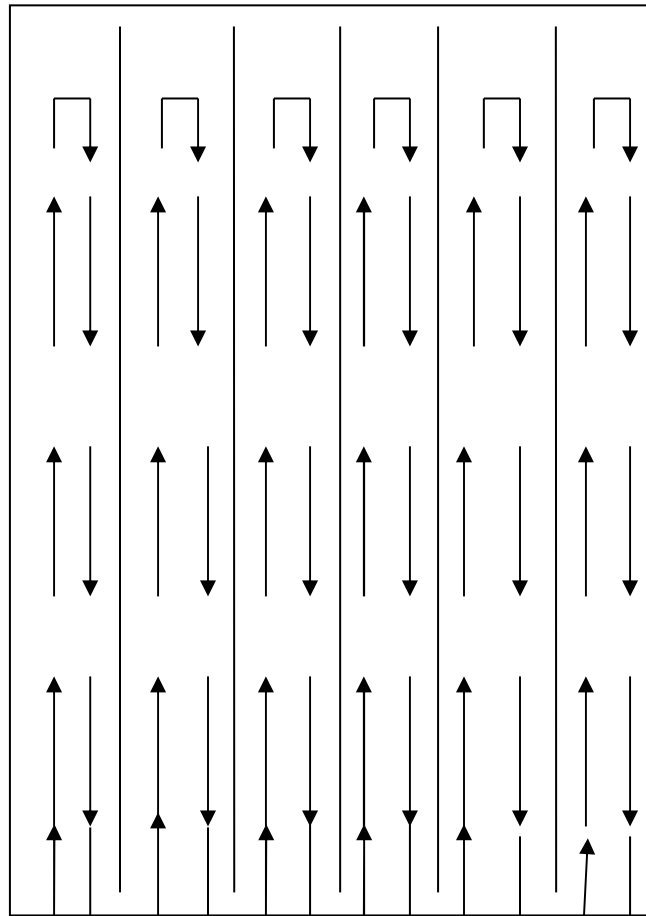
4-6 yr olds swim 1 length (25 yards)

7-8 yr olds swim 2 lengths (50 yards)

9-10 yr olds swim 3 lengths (75 yards)

11-12 yr olds swim 4 lengths (100 yards)

13-14 yr olds swim 8 lengths (200 yards)



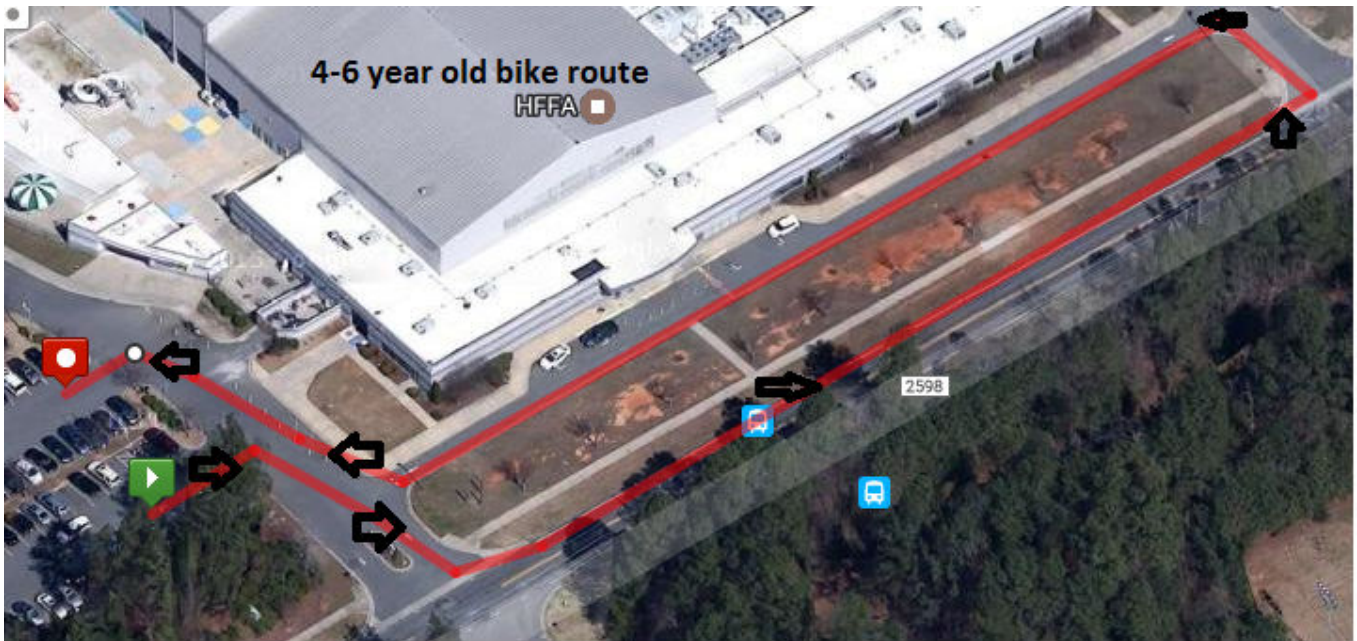
Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6

Start

Finish

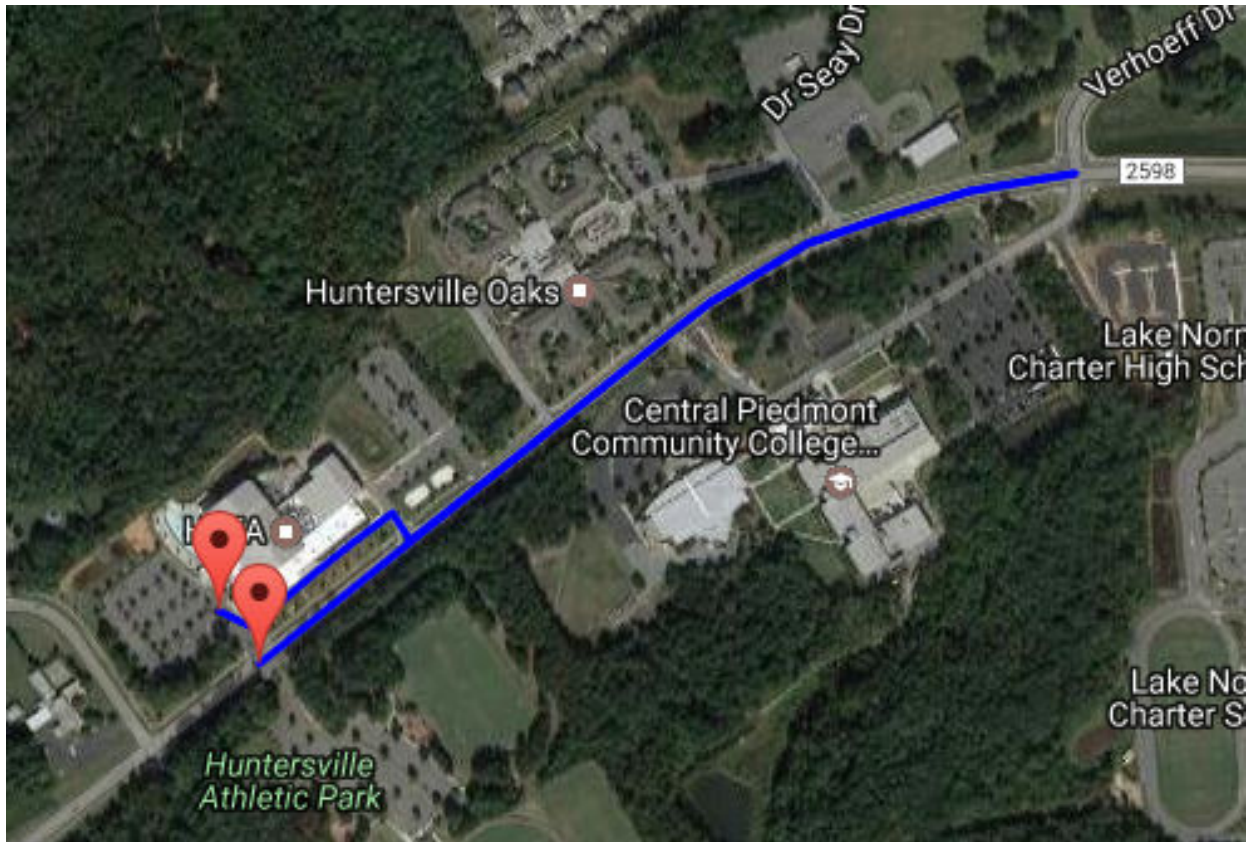
Bike Course

4-6 Yr Olds



Bike Course

7-8, 9-10, 11-12, 13-14 Yr Olds



Run Course

