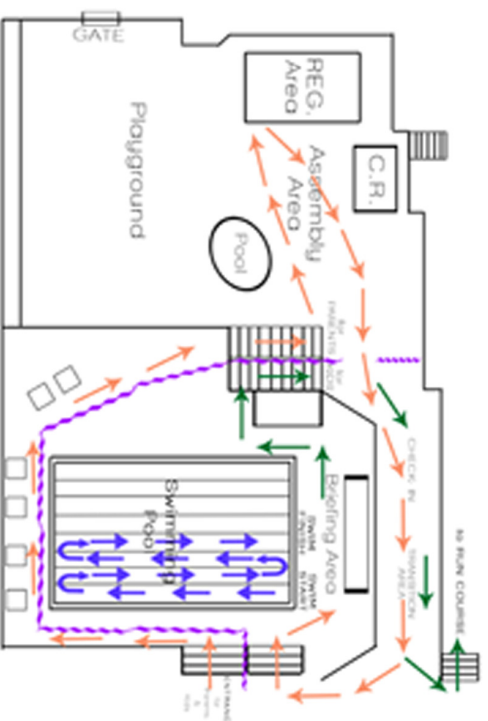




Age 6-8

SWIM: 100m (4 Laps)

RUN: 1Km (1 loop)



FIELD

DISTANCE: 1.5K RUN: 9-10 yrs. old
(1 Loop w/ extended turn-around)

ACTIVITY AREA

RUN COURSE FINISH

GRANDSTAND

TO FINISH

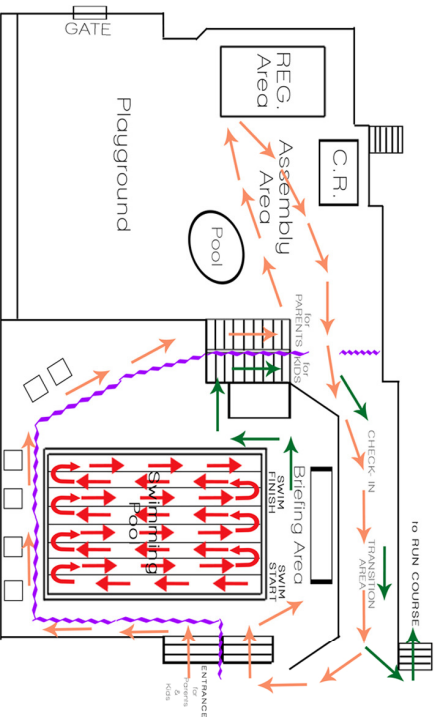
RUN COURSE START

Age 9-10

SWIM: 200m (8 Laps)

RUN: 1.5Km

(1 loop w/extended turn-around)

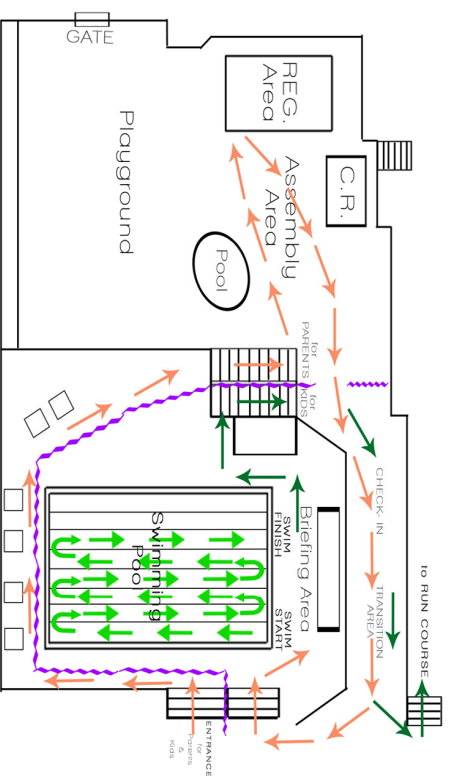




Age 11-12

SWIM: 300m (12 Laps/ 2 rounds)

RUN: 2Km (2 loops)



FIELD

DISTANCE: 3K RUN: 13-14 yrs. old (3 Loops)

ACTIVITY AREA



RUN COURSE FINISH

GRANDSTAND

TO FINISH

RUN COURSE START



Age 13-14

SWIM: 400m (16 Laps/ 2 rounds)

RUN: 3Km (3 loops)

