

KIDS OF STEEL

6-7 YRS—Green

- SWIM 50m - SHALLOW WATER
- BIKE 1.5km - TRANSITION "T" TO 0.75km MARK "A" AND RETURN
- RUN 500m - TRANSITION "T" TO 250m MARK "B" AND RETURN

8-9 YRS—Yellow

- SWIM 100m - SHALLOW WATER
- BIKE 5km - TRANSITION "T" TO MARK "F" AND RETURN
- RUN 1.0km - TRANSITION "T" TO MARK "C" AND RETURN

10-11 YRS RED

- SWIM 200m - SHALLOW WATER
- BIKE 5km - TRANSITION "T" TO MARK "F" AND RETURN
- RUN 2km - TRANSITION "T" TO MARK "D" AND RETURN

12-13 YRS—Blue

SWIM 300m - SHALLOW WATER

- BIKE 10km - TRANSITION "T" TO MARK "F" TO "T" X2
- RUN 3km - TRANSITION "T" TO MARK "E" AND RETURN

14-15 YRS—ORANGE

- SWIM 500m - DEEP WATER
- BIKE 10km - TRANSITION "T" TO MARK "F" TO "T" X2
- RUN 4km - TRANSITION "T" TO MARK "G" AND RETURN

TRIATHLON

- SWIM 700m - DEEP WATER
- BIKE 20km - TRANSITION "T" TO MARK "F" TO "T" X4
- RUN 5km - TRANSITION "T" TO MARK "F" AND RETURN

DUATHLON

- RUN 5km - TRANSITION "T" TO MARK "F" AND RETURN
- BIKE 20km - TRANSITION "T" TO MARK "F" TO "T" X4
- RUN 5km - TRANSITION "T" TO MARK "F" AND RETURN

