



**OLYMPIC - 1500m**  
**SPRINT - 750m**  
**TEMPTA - 300m**  
**BIG KIDS - 200m**  
**JUNIORS - 100m**

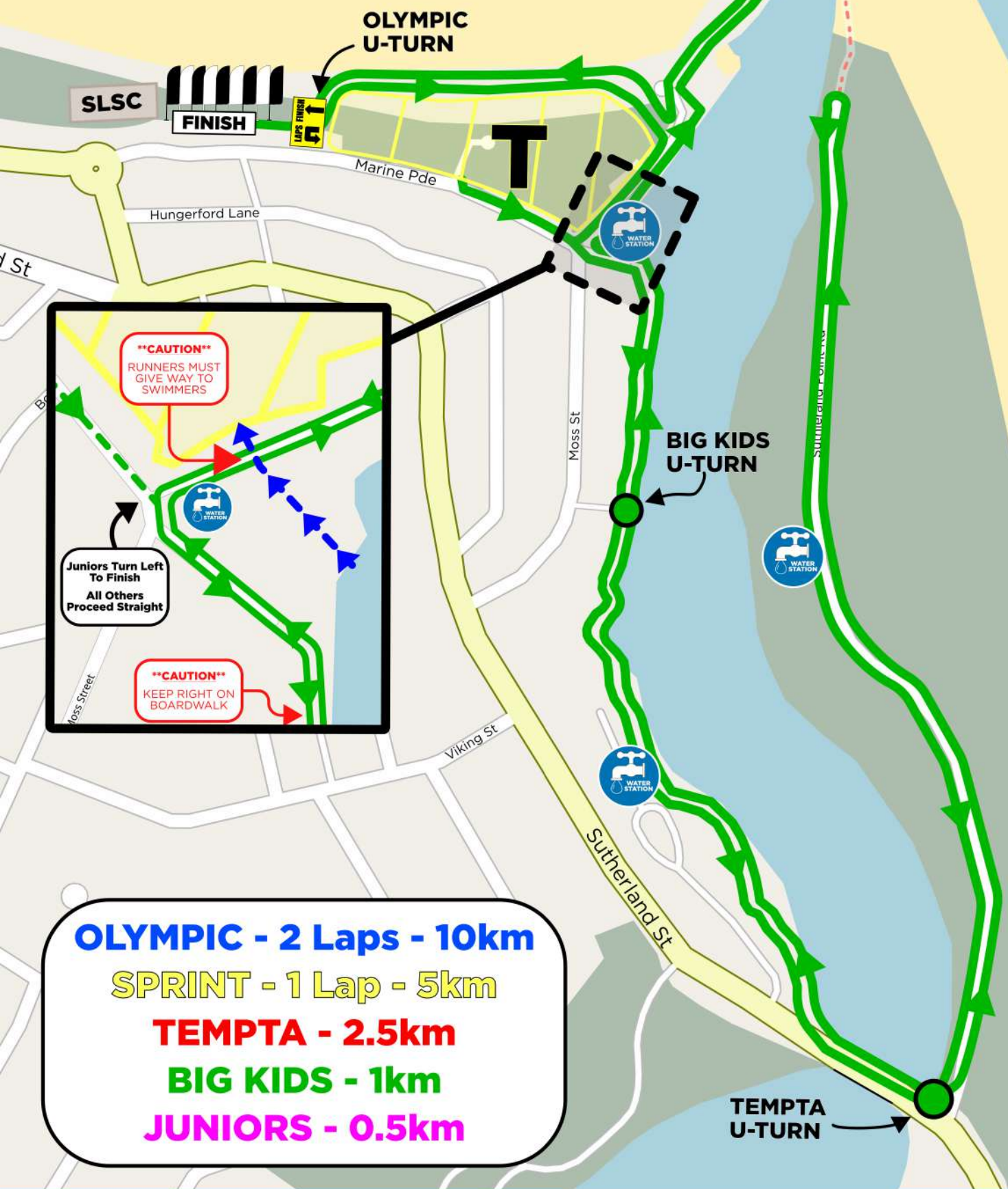
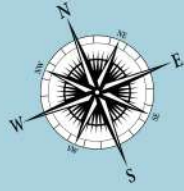
# SWIM



- OLYMPIC - 4 Laps - 40km**
- SPRINT - 2 Laps - 20km**
- TEMPTA - 1 Lap - 10km**
- BIG KIDS - 6km**
- JUNIORS - 3km**

# CYCLE





**\*\*CAUTION\*\***  
RUNNERS MUST GIVE WAY TO SWIMMERS

**\*\*CAUTION\*\***  
KEEP RIGHT ON BOARDWALK

Juniors Turn Left To Finish  
All Others Proceed Straight

- OLYMPIC - 2 Laps - 10km**
- SPRINT - 1 Lap - 5km**
- TEMPTA - 2.5km**
- BIG KIDS - 1km**
- JUNIORS - 0.5km**