



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

**SWIM**



**OLYMPIC - 4 Laps - 40km**

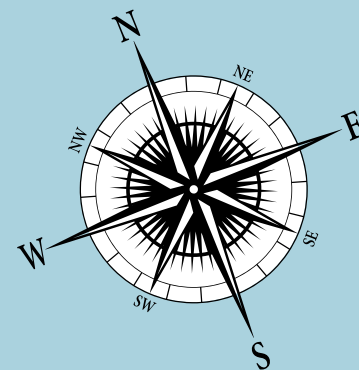
**SPRINT - 2 Laps - 20km**

**TEMPTA - 1 Lap - 10km**

**BIG KIDS - 6km**

**JUNIORS - 3km**

**CYCLE**



**OLYMPIC - 2 Laps - 10km**

**SPRINT - 1 Lap - 5km**

**TEMPTA - 2.5km**

**BIG KIDS - 1km**

**JUNIORS - 0.5km**

**RUN**