





KEY:

 **Swimmers**
 7-10yrs 4 Lengths
 11-13yrs 8 Lengths
 14-19 yrs 8 Lengths

 **Triathlon Runners**
 7-10yrs 1 Lap
 11-13yrs 2 Laps
 Aquathlon Run 1 long lap

 **Cyclists**
 7-10yrs 1 Lap
 11-13yrs 2 Laps

 = 11-13yrs only Turnaround for 2nd Lap

TRIATHLON HB IRONKIDS TRANSITION MAP