



	Age Group	Swim	Bike	Run
Swim Exit 				
Bike Course 				
Run Course 	12 - 13	350m	5 laps/7.5k	Out & Back 2km
Transition 				
Medical 				
Finish 	14 - 15	350m	5 laps/7.5k	1 lap/3km

Bike: Exit north in the parking lot turning left and out to 18th Ave. Complete out and back. Turn right behind the exhibition park, and U-turn, returning to transition.

Run: Exit north from transition and take a left. Continue along perimeter of parking lot to 18th. Right on 18th. 12-13 yr turn at 1km sign. 14-15 yr follow signage, turning on George Paul Lane. Continue to 18th and left. Left on Ospika, left on 15th and left on George Paul Lane to finish.