



- Swim Exit →
- Bike Course →
- Run Course →
- Transition T
- Medical +
- Finish F

Age Group	Swim	Bike	Run
12 - 13	350 m	5 laps/7.5 k	1.5 km
14 - 15	350 m	5 laps/7.5 k	2 laps/3 km

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. Follow the road to Foothills Blvd and take a right on 15th Avenue. Run in the bike lane. Take a right on George Paul Lane, down the side walk. Continue to lap or finish chute.