

STORBAY/DONUT DUATHLONS

SENIOR SPRINT

RUN - 2 LAP 5KM
BIKE - 10 LAPS 15KM
RUN - 1 LAP = 2.5KM

GO TRI AND TRI STAR 3

RUN - 1 LAP = 2.5KM
BIKE - 5 LAPS = 7.5KM
RUN - 2 LAP = 1.25KM

JUNIOR & YOUTH

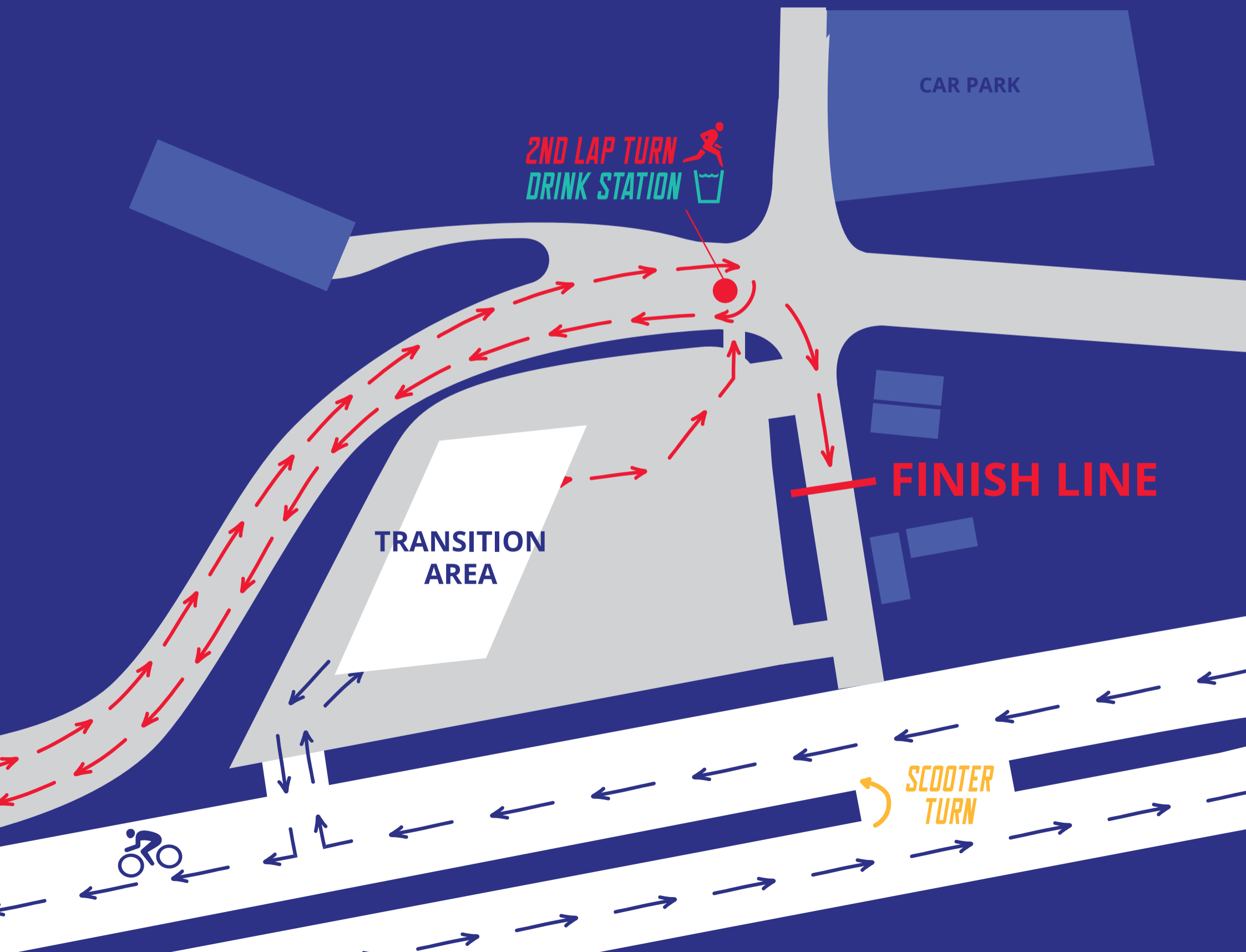
RUN - 2 LAP 5KM
BIKE - 10 LAPS 15KM
RUN - 1 LAP = 2.5KM

TRISTAR 1 AND 2

RUN - 2 LAP = 1.25KM
BIKE - 4 LAPS = 6KM
RUN - 1 LAP = 625M

TRISTAR START AND MINI DUATHLON

RUN - 1 LAP = 625M
BIKE - 1 LAPS = 1500M OR SCOOTER - 925M
RUN - 1 LAP = 200M



SPORTIVA^{EVENTS}

STORBAY/DONUT DUATHLONS

SENIOR SPRINT

RUN - 2 LAP 5KM

BIKE - 10 LAPS 15KM

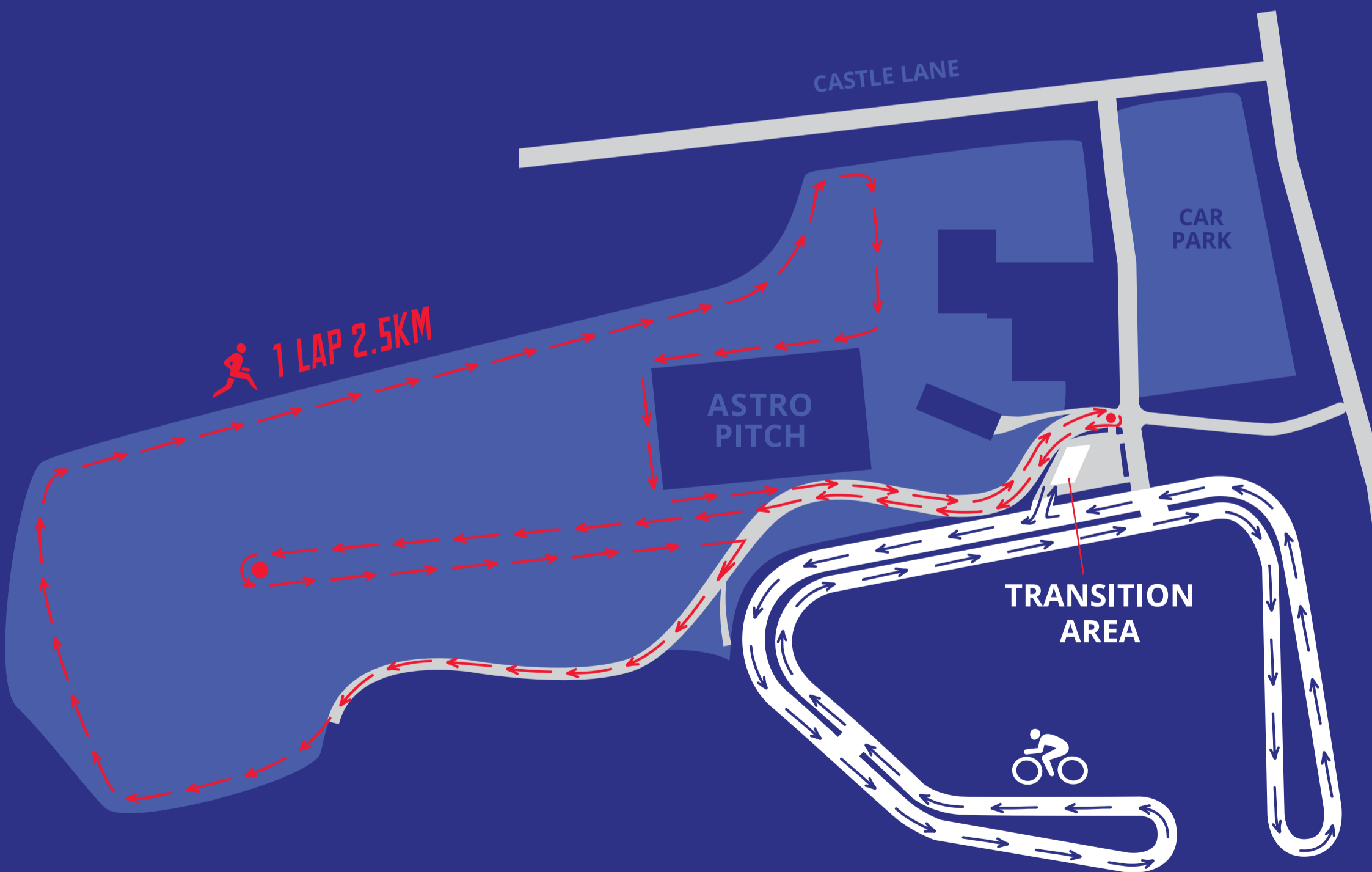
RUN - 1 LAP = 2.5KM

GO TRI AND TRI STAR 3

RUN - 1 LAP = 2.5KM

BIKE - 5 LAPS = 7.5KM

RUN - 2 LAP (ASTRO) = 1.25KM



STORBAY/DONUT DUATHLONS

TRISTAR 1 AND 2

RUN - 1.25K = 2 LAPS

BIKE - 6K = 4 LAPS

RUN - 625M = 1 LAP

TRISTAR START

RUN - 625M = 1 LAP

BIKE - 1.5K = 1 LAP

RUN - 200M = 1 LAP

MINI DUATHLON AGE 3-7

RUN - 625M,

SCOOTER - 925M OR BIKE - 1500M

RUN - 200M

