

DARTMOUTH TRIATHLON

SPRINT

SWIM - 750M = 1 LAP

BIKE - 20KM = (OUT & BACK)

RUN - 5KM = 4 LAPS

SUPER SPRINT

SWIM - 400M = 1 LAP

BIKE - 20KM = (OUT & BACK)

RUN - 2.5KM = 2 LAPS

