

# TORBAY / TRIATHLON

## SENIOR SPRINT

SWIM - 16 LENGTHS = 400M

BIKE - 13 LAPS = 19.5KM

RUN - 2 LAP = 5KM

## SWIM BIKE RUN / NOVICE

SWIM - 8 LENGTHS = 200M

BIKE - 6 LAPS = 9KM

RUN - 1 LAP = 2.5KM

## TRISTAR 3

SWIM - 12 LENGTHS = 300M

BIKE - 5 LAPS = 7.5KM

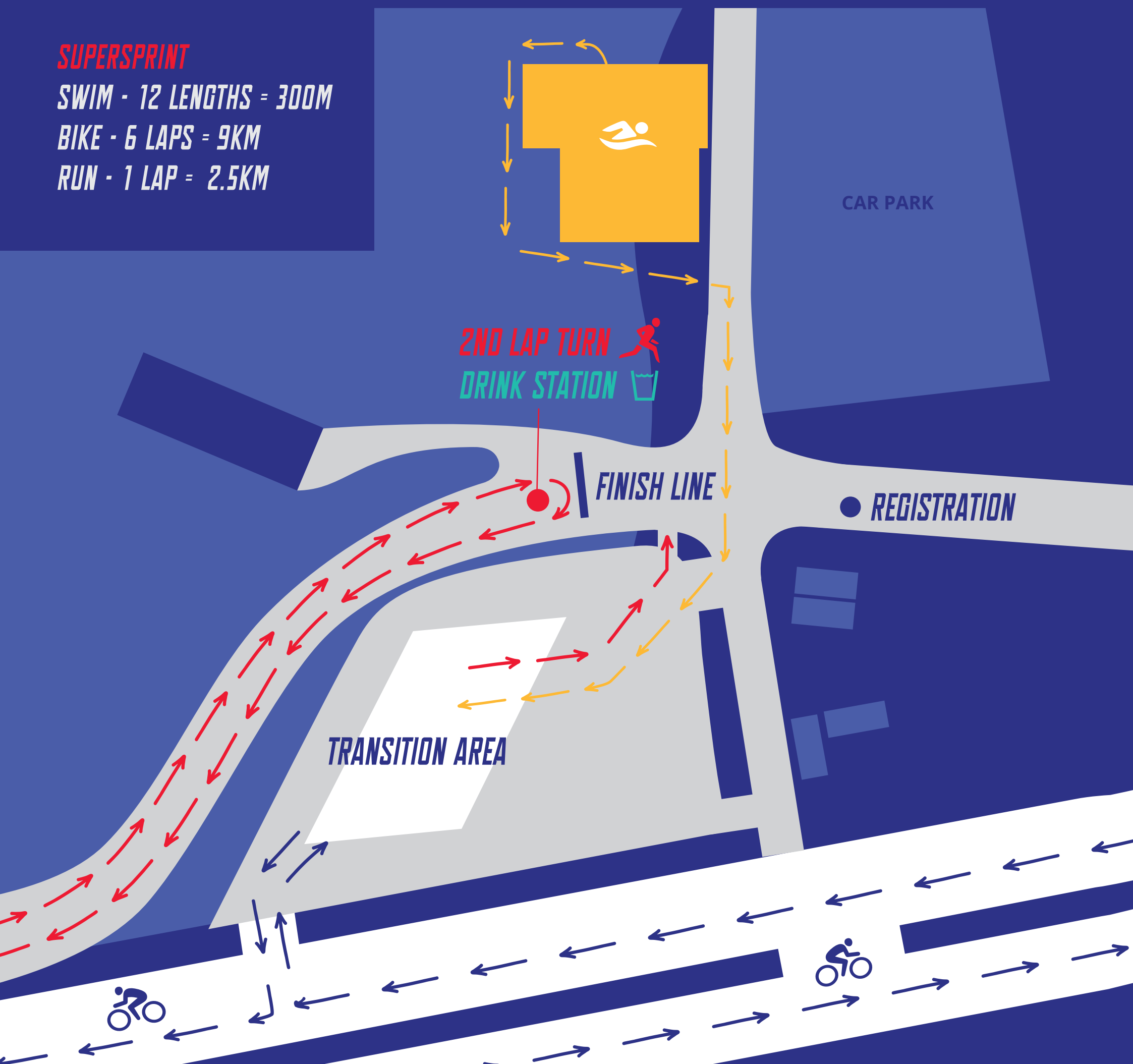
RUN - 1 LAP = 2.5KM

## SUPERSPRINT

SWIM - 12 LENGTHS = 300M

BIKE - 6 LAPS = 9KM

RUN - 1 LAP = 2.5KM



# TORBAY / TRIATHLON

## SENIOR SPRINT

SWIM - 16 LENGTHS = 400M

BIKE - 13 LAPS = 19.5KM

RUN - 2 LAP = 5KM

## SWIM BIKE RUN / NOVICE

SWIM - 8 LENGTHS = 200M

BIKE - 6 LAPS = 9KM

RUN - 1 LAP = 2.5KM

## TRISTAR 3

SWIM - 12 LENGTHS = 300M

BIKE - 5 LAPS = 7.5KM

RUN - 1 LAP = 2.5KM

## TRISTAR 2 / NOVICE 11 - 14

SWIM - 8 LENGTHS = 200M

BIKE - 4 LAPS = 6KM

RUN - 3 LAP = 1.95KM

## TRISTAR START & NOVICE 9 - 10

SWIM - 2 LENGTHS = 50M

BIKE - 1 LAP = 1500M

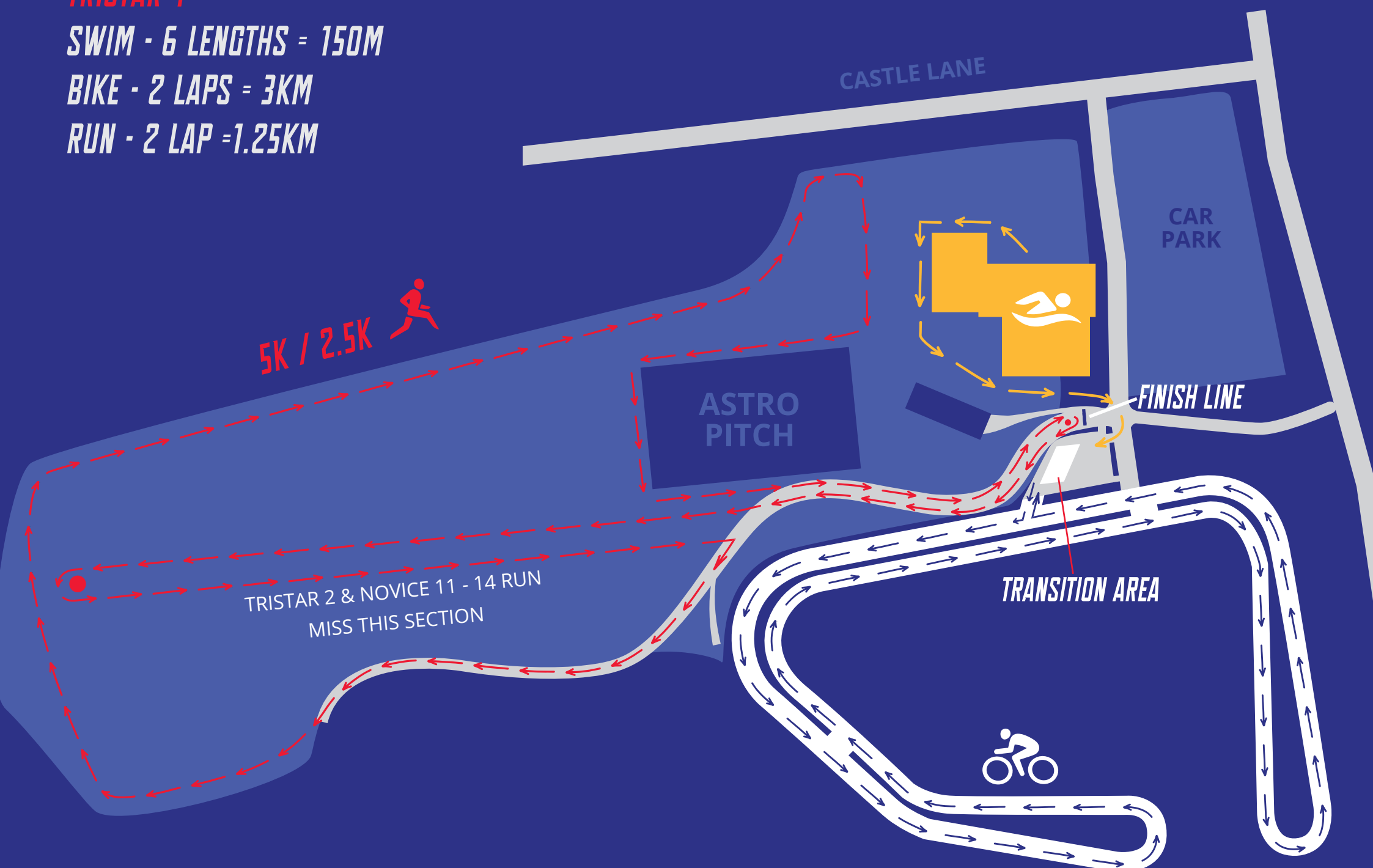
RUN - 1 LAP = 1500M

## TRISTAR 1

SWIM - 6 LENGTHS = 150M

BIKE - 2 LAPS = 3KM

RUN - 2 LAP = 1.25KM



# TORBAY / TRIATHLON

**TRISTAR START & GO TRI KIDS 8-10**

SWIM - 2 LENGTHS = 50M

BIKE - 1 LAP = 1500M

RUN - 1 LAP = 625M

**TRISTAR 1**

SWIM - 6 LENGTHS = 150M

BIKE - 2 LAPS = 3KM

RUN - 2 LAPS = 1.25KM

**TRISTAR 2 & NOVICE 9 - 10**

SWIM - 8 LENGTHS = 200M

BIKE - 4 LAPS = 6KM

RUN - 3 LAPS = 1.875M

**MINI TRI NOVICE KIDS 5 - 7**

SWIM - 1 LENGTHS = 25M

BIKE - 1 LAP = 1500M

RUN - 1 LAP = 625M

