




U-15 DIVISION
 (YOUTH 11-15)

SWIM 200m 

BIKE 3.7 MILES 

- **STAY LEFT ON BIKE AROUND LAKE, STAY RIGHT ON ROADS AND TRAIL**
- **ROAD IS OPEN TO TRAFFIC (STAY IN MARKED ROUTE)** 

RUN 2.2 MILES AROUND THE LAKE (STAY RIGHT ON RUN) 