

# PLIMMERTON SCHOOL TRIATHLON – SUNDAY 24 FEBRUARY 2019

## COURSE MAP

**RUN** → **BIKE** → **SWIM**



**Key:**

- Run Course —
- Bike Course —
- Swim Course —
- Transition - - -
- Marshals x
- First Aid
- Spectators

AGE	RUN	BIKE	SWIM
5 - 6 years	1 lap (400m)	1 lap (300m)	2 lengths
7 - 8 years	2 laps (800m)	2 laps (600m)	4 lengths
9 - 10 years	3 laps (1.2 km)	3 laps (900m)	6 lengths
11+ years	4 laps (1.6 km)	4 laps (1.2 km)	12 lengths

**NO CAR PARKING AVAILABLE AT SCHOOL**

Thank you to our major sponsor

