



AGE GROUP COLORS

- Ages 3-6:**
25 meter swim, 0.50 mile run
- Ages 7-10:**
125 meter swim, 1 mile run
- Ages 11-14:**
225 meter swim, 2 mile run

T Turnaround

T Run 0.5 mile, turnaround at end of Sanctuary Hotel

T Run .25 mile, turnaround at BW 19