

**Grade 8-12 and Enticer
Triathlon**

Grade 8-12 and
Enticer (2 laps)

**Sprint Triathlon
(Optional Grade 10-12)**

Sprint Triathlon
(3 laps)

No additional safety
measures required in in
addition to those
already provided for
the bike courses

⊕ First Aid

■ Water stop on run leg



SECONDARY AGE AND OPEN RUN