

Grade 2.4 Aquathlon

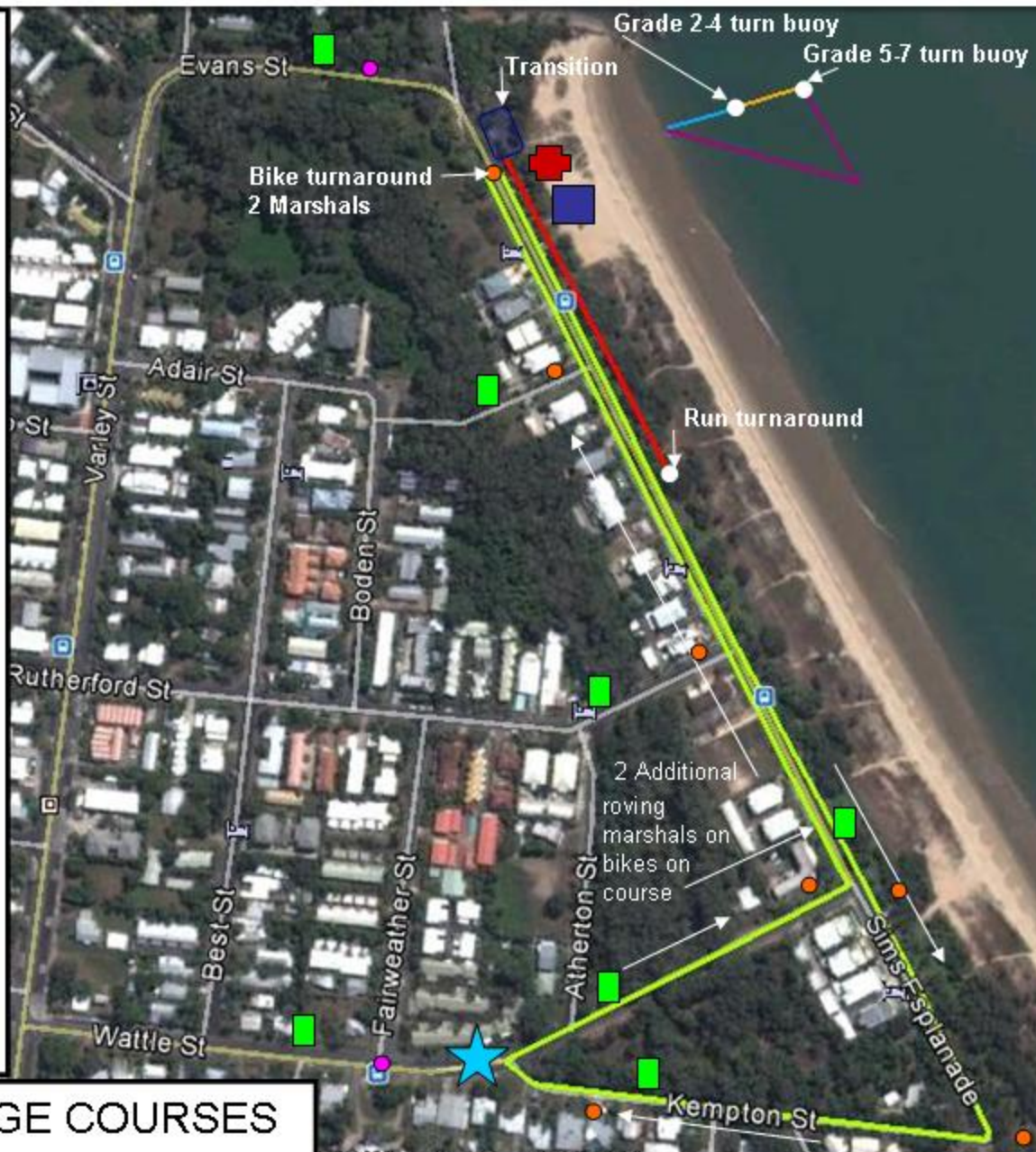
- Grade 2-4 run
(1 lap before swim
and 1 lap after
swim)
- Grade 2-4
swim (1 lap)

Grade 5-7 Triathlon

- Grade 5-7
swim (1 lap)
- Grade 5-7 bike
(3 laps)
- Grade 5-7 run
(2 laps)

Safety measures

- ★ Police Traffic Control
- Volunteer Marshals
- SES / Traffic Control Marshals
- Warning signage
- ✚ First Aid
- Water stop on run



PRIMARY AGE COURSES