

TWYFORD KIDS TRIATHLON



	Swim	Bike	Laps	Run	Laps
TriStar Starts	50m	800m	1	600m	1
TriStars 1	150m	1,600m	2	1,200m	2
TriStars 2	200m	4,000m	5	1,600m	3
TriStars 3	300m	5,600m	7	2,400m	4

