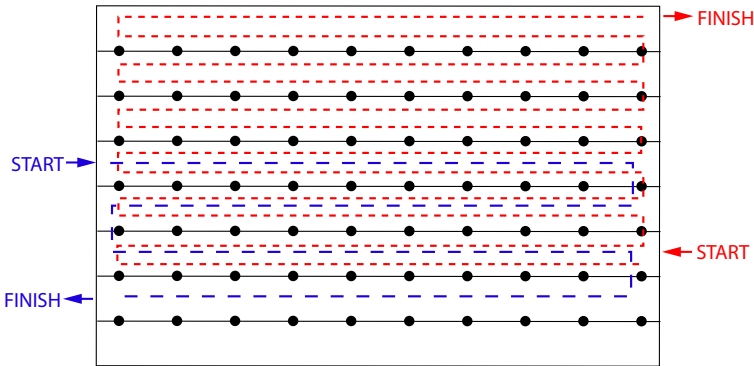


4th Annual swim for smiles Youth Triathlon

BIKE & RUN COURSES

SWIM COURSE



- Long Course**
- - - - Swim (300m - 6 circle swims)
 - ▶▶▶▶ Bike (5 miles - two loops)
 - Run (3 k)

- Short Course**
- - - - Swim (100m - 4 lengths)
 - ▶▶▶▶ Bike (2.5 miles - one loop)
 - Run (1 k)

