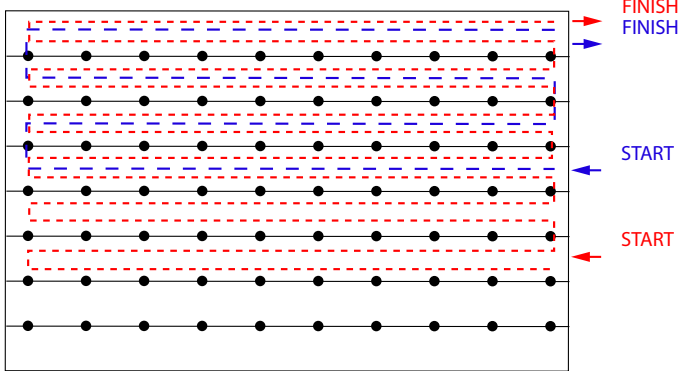


# 3rd Annual swim for smiles Youth Triathlon

## 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)

