



**Palmerston North  
Course Map**

Ongley Park  
West End

**Tuesday  
20 March 2018**

	<b>7yrs</b>	<b>8-10yrs</b>	<b>11-15yrs</b>
<b>Swim</b>	50m	100m	200m
<b>Cycle</b>	2laps (approx 4km)	2laps (approx 4km)	4laps (approx 8km)
<b>Run</b>	1lap (approx 1.5km)	1lap (approx 1.5km)	1lap (approx 1.5km)
<b>Kids TRYathlon Village</b>	Transition	Pre-Swim Tent	Lido Aquatic Centre

