
















**Palmerston North
Course Map**

Ongley Park
West End

**Tuesday
19 March 2019**

	7yrs	8-10yrs	11-15yrs
Swim 	 50m	 100m	 150m
Cycle 	 1lap <small>(approx 4km)</small>	 1lap <small>(approx 4km)</small>	 2laps <small>(approx 8km)</small>
Run 	 1lap <small>(approx 1.5km)</small>	 1lap <small>(approx 1.5km)</small>	 1lap <small>(approx 1.5km)</small>
Kids TRYathlon Village 	Transition 	Pre-Swim Tent 	Lido Aquatic Centre 