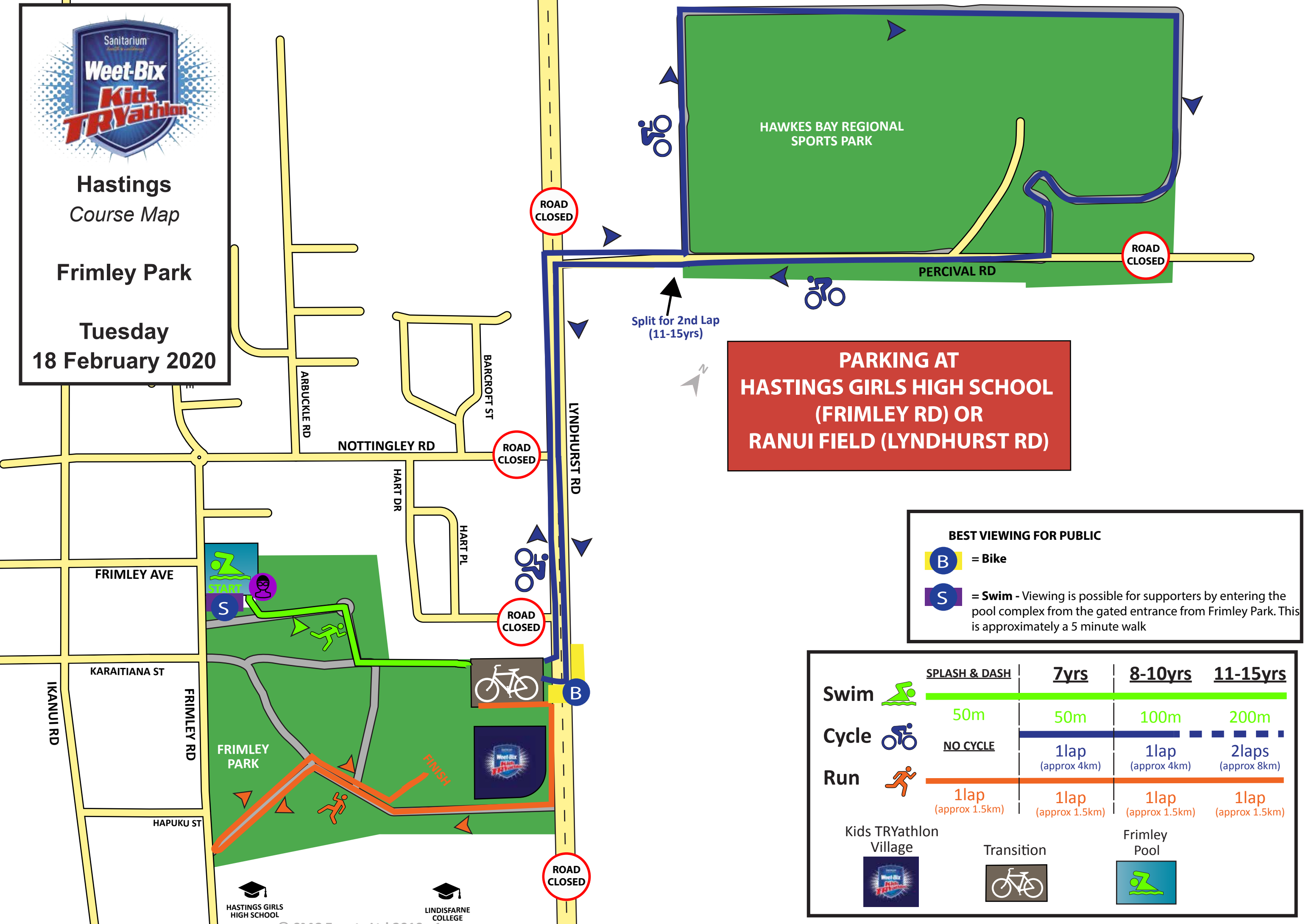


**Hastings**  
Course Map

**Frimley Park**

**Tuesday**  
18 February 2020








**PARKING AT  
HASTINGS GIRLS HIGH SCHOOL  
(FRIMLEY RD) OR  
RANUI FIELD (LYNDHURST RD)**

**BEST VIEWING FOR PUBLIC**

**B** = Bike

**S** = Swim - Viewing is possible for supporters by entering the pool complex from the gated entrance from Frimley Park. This is approximately a 5 minute walk

	<u>SPLASH &amp; DASH</u>	<u>7yrs</u>	<u>8-10yrs</u>	<u>11-15yrs</u>
Swim 	50m	50m	100m	200m
Cycle 	<u>NO CYCLE</u>	1lap (approx 4km)	1lap (approx 4km)	2laps (approx 8km)
Run 	1lap (approx 1.5km)	1lap (approx 1.5km)	1lap (approx 1.5km)	1lap (approx 1.5km)
Kids TRYathlon Village 	Transition 	Frimley Pool 