50 YARD SWIM AGE SWIM RUN 50 Yards 7-8 1K **EXIT TO TRANSITION** SWIMMER STAGING **TIMING** START MAT S Recreation N S SPECTATORS **ATHLETE SPECTATOR ENTRANCE ENTRANCE**

100 YARD SWIM AGE SWIM RUN 100 Yards 9-10 1K **EXIT TO TRANSITION** SWIMMER STAGING **TIMING START** MAT S Recreation N S S SPECTATORS **ATHLETE SPECTATOR ENTRANCE ENTRANCE**

200 YARD SWIM SWIM AGE RUN **EXIT TO** 200 Yards 11-14 **TRANSITION** 200 Yards 5K 15+ **START TIMING** MAT 6 Recreation 6 SPECTATORS **ATHLETE SPECTATOR ENTRANCE ENTRANCE**