

# TRIATHLON & SWIMMING SCHEDULE\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>TRISWIM</b> 10:00 60min	<b>KIDS BEGINNERS</b> 09:00 40min	<b>OPEN WATER</b> At the Lake 10:00 60min	<b>KIDS BEGINNERS</b> 09:00 40min	<b>SWIM, BIKE, RUN</b> At the Lake 10:00 120min
<b>ADULTS SWIM</b> 13:00 60min	<b>KIDS INTERMEDIATE</b> 10:00 40min	<b>ADULTS SWIM</b> 13:00 60min	<b>KIDS INTERMEDIATE</b> 10:00 40min	<b>ADULTS SWIM</b> 13:00 60min
<b>TRIATHLON FOR KIDS</b> Group 1 16:00 90min			<b>TRIATHLON FOR KIDS</b> Group 1 16:00 90min	
<b>TRIATHLON FOR KIDS</b> Group 2 17:30 90min			<b>TRIATHLON FOR KIDS</b> Group 2 17:30 90min	

- +15 YEARS OLD
- ADULTS
- CHILDRENS