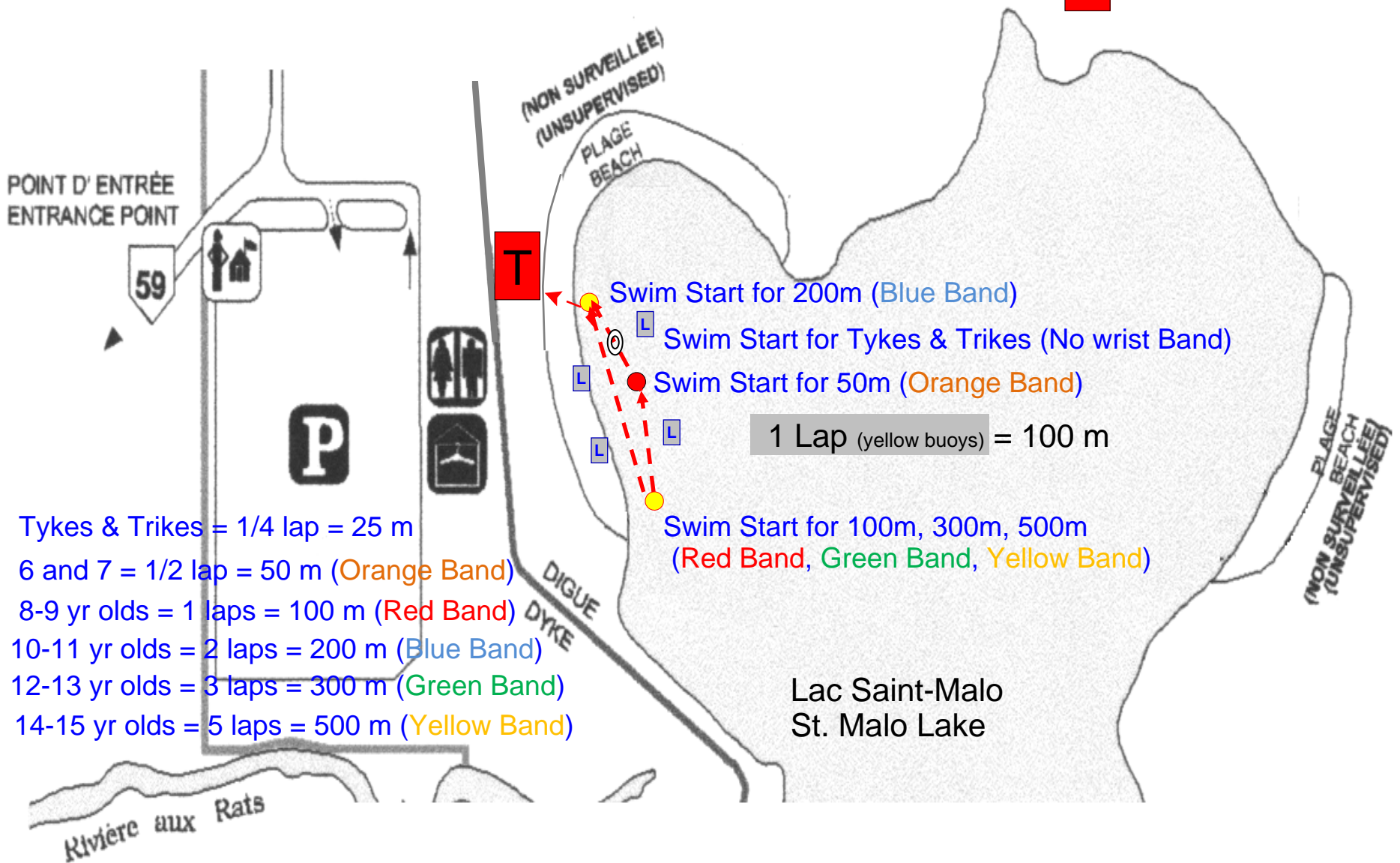


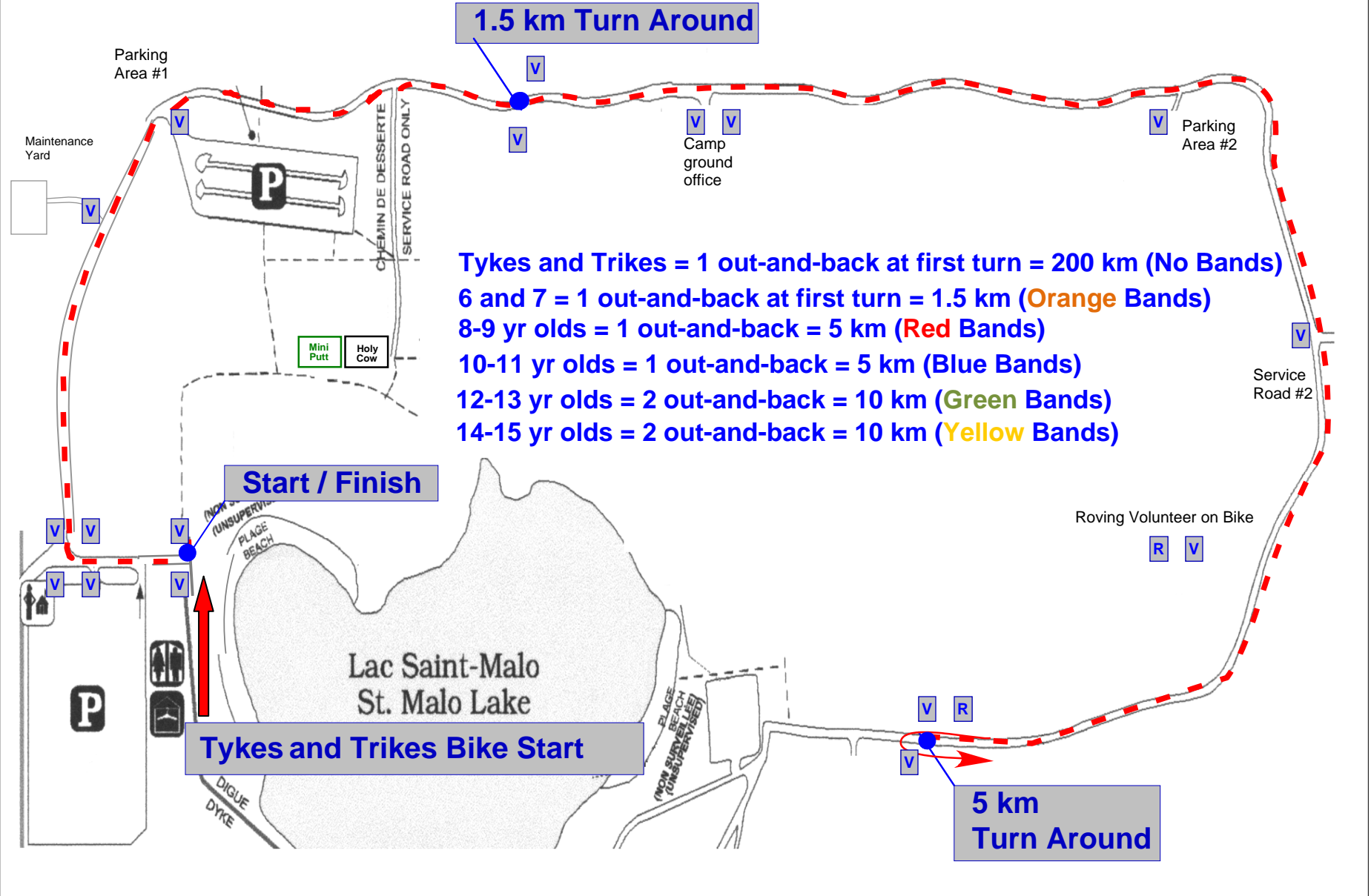
# St Malo Kids of Steel - Swim Course

**T** = Transition Zone



- Tykes & Trikes = 1/4 lap = 25 m
- 6 and 7 = 1/2 lap = 50 m (Orange Band)
- 8-9 yr olds = 1 laps = 100 m (Red Band)
- 10-11 yr olds = 2 laps = 200 m (Blue Band)
- 12-13 yr olds = 3 laps = 300 m (Green Band)
- 14-15 yr olds = 5 laps = 500 m (Yellow Band)

# St Malo Kids of Steel - Bike Course



# St Malo Kids of Steel-Run Course

