





START AND FINISH MARKERS



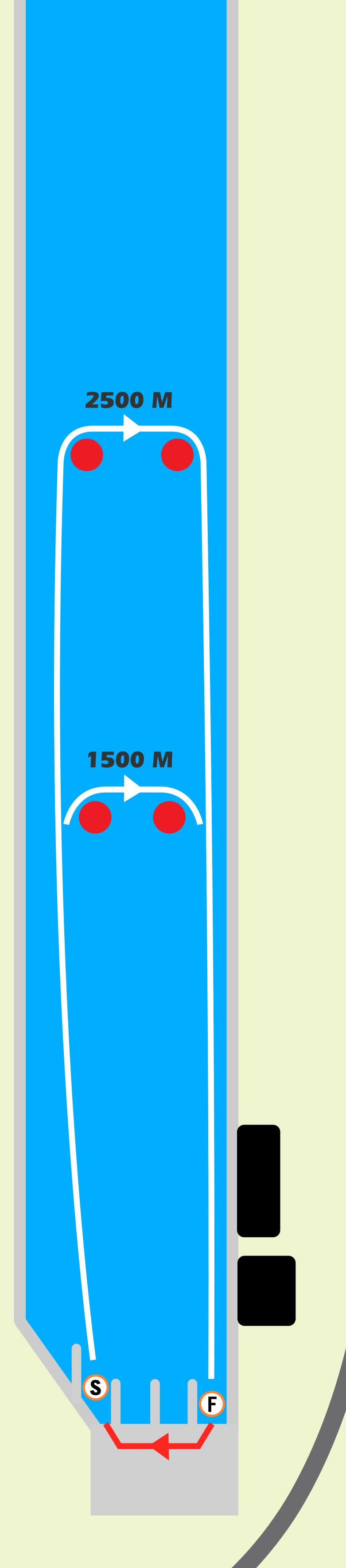
1500m = 1 Lap

2500m = 1 Lap

5000m = 2 Laps of 2500m:

swim 2500m get out, run in front of transition & back in

water for 2nd lap



adbolton Lam