

ORILLIA

SPRINT TRIATHLON & TRI RELAY: Swim 750M, Bike 33K & Run 7K
 SPRINT DUATHLON: Run 2K, Bike 33K & Run 7K
 SPRINT SWIM/BIKE: Swim 750M & Bike 33K
 TRY-A-TRI: Swim 375M, Bike 10K & Run 2.5K



Fig. 16