

Calgary 2014

Age Group	Bib Colour	SWiM	BiKE	RUN
3 to 5	Yellow	15m (1 width)	250m out&250m back	125m to finish
6 - 7	Red	25m (1 length)	1.2K (1 loop)	500m (1 lap of field)
8 - 9	Blue	75m (3 lengths)	4.8K (4 loops)	1K (2 laps of field)
10 - 11	Orange	100m (4 lengths)	6K (5 loops)	2K (4 laps of field)
12 - 13	Green	200m (8 lengths)	8.4K (7 loops)	2.5K (5 laps of field)
14 - 15	Black	300m (12 lengths)	9.6K (8 loops)	3K (6 laps of field)

Age	Bib Colour	Set up in transition complete by:	
3 to 5	Yellow	set up in transition NO later than 8:30 am	
6 - 7	Red	set up in transition NO later than 8:30 am	
8 - 9	Blue	set up in transition NO later than 8:30 am	
10 - 11	Orange	set up in transition NO later than 10:00 am	
12 - 13	Green	set up in transition NO later than 10:00 am	
14 - 15	Black	set up in transition NO later than 11:00 am	