



5-6 Course

*** 50 meter Swim (2 laps) at ISB Pool**
 - after swim put on shoes, clothes and **helmet** on the pool deck

*** 200 meter Run** from pool to the back of tennis courts
 - Transition to Bike at T1 in front of building and grounds

*** 1km Bike** Bikes: T1, T2 in front of B&G building
 - along the service road to front of the school
 - go along the front of school all the way to ES play ground
 - go around the ES parking, when exit parking turn right
 - ride along school and chevron theater back to service road
 - finish ride at the start place T1/T2 in front of B&G building

*** 300 meter Run to Finish** on the track
 - Run along back of tennis courts and gyms until track
 - Go onto track and finish in front of stands

