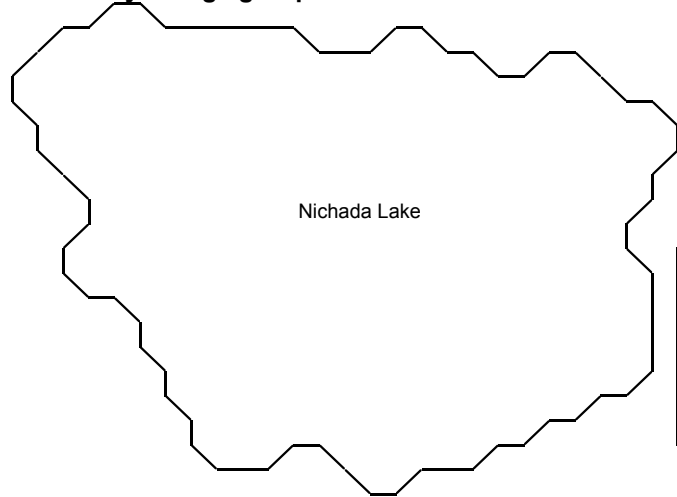




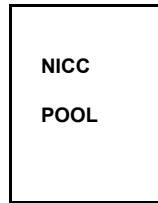
# Overview

	Swim	Bike	Run
5-6	50m	in school 1 km	450m
7-8	100m	1loop lake 2.5km	800m
9-10	150m	2loops lake 4.5km	1 km
11-12	200m	2loops 4.5km	1.8km
13-14	250m	3loops 6.8 km	2.2km
15+, Relays	350m	4loops 9.1km	2.9km

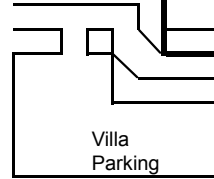
Please choose your age group from the tabs below!



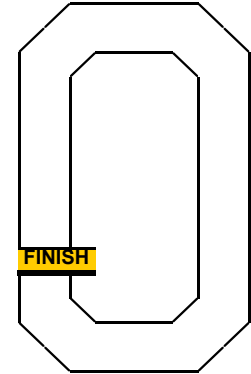
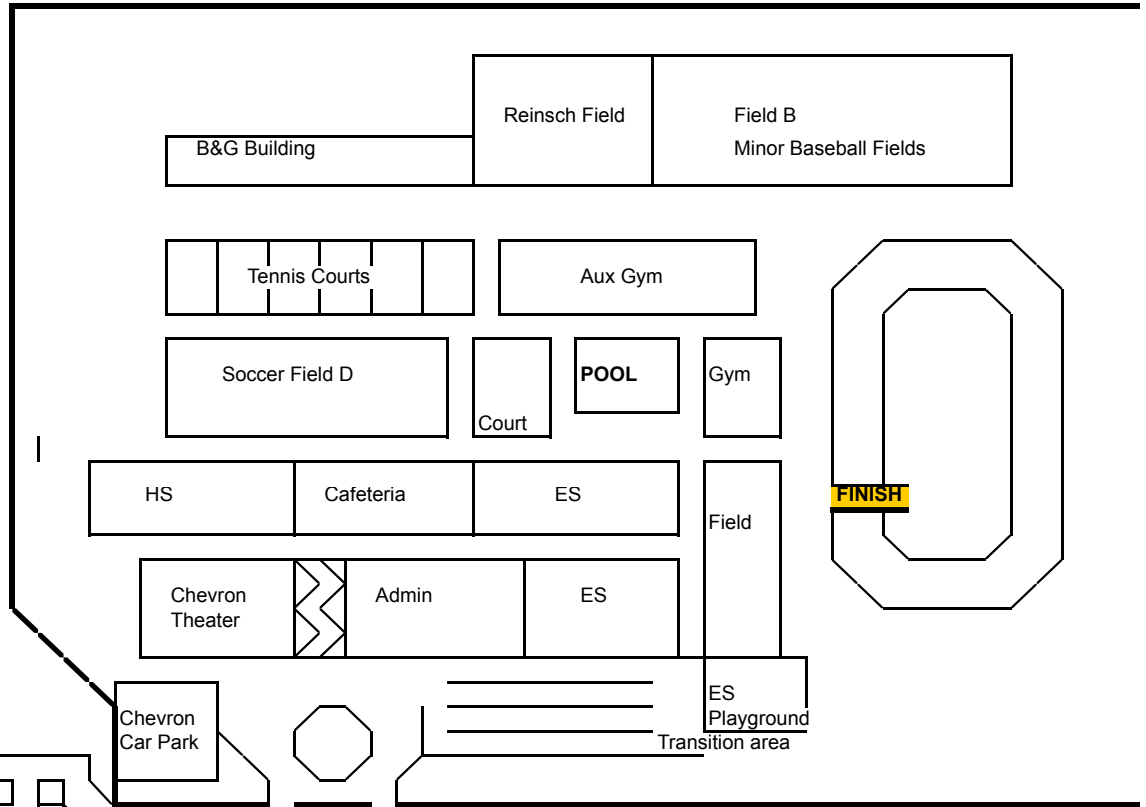
Nichada Lake



NICC  
POOL



Villa  
Parking



FINISH

Nichada Park