



Swim Course*

Adult (300m) 12 x 25m Lengths

Kids 7-10 (100m) 4 x 25m Lengths

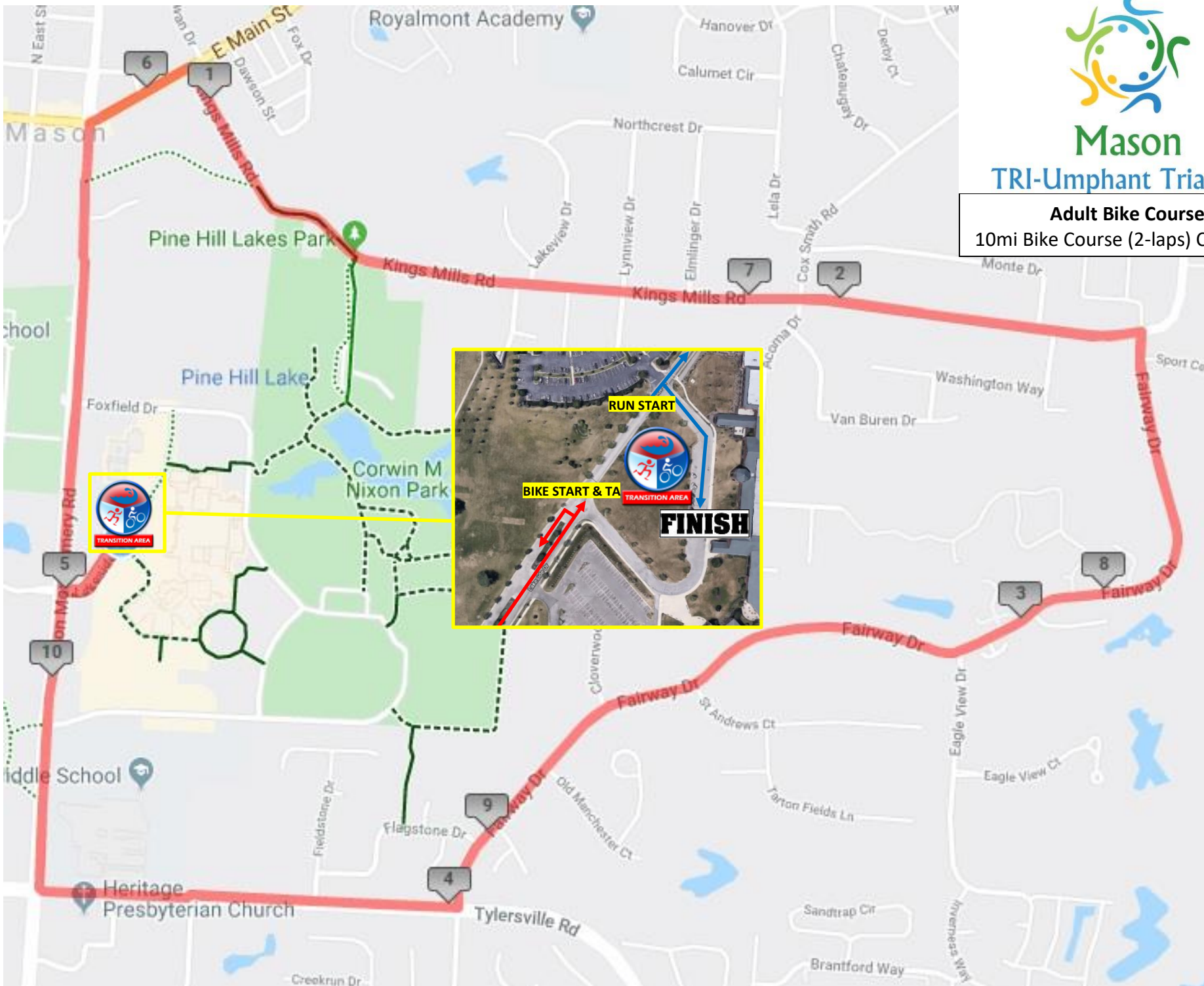
Kids 11-14 (200m) 8 x 25m Lengths

*Serpentine course. Down the lane,
then under the lane rope and repeat.



Mason TRI-Umphant Triathlon

Adult Bike Course
10mi Bike Course (2-laps) Clockwise





Mason

TRI-Umphant Triathlon

Adult Run Course
5k Run Course (1-laps) Clockwise

