

**BIKE**

AGES 6-9: 1 LAP (2.5KM)  
AGES 10-12: 2 LAPS (5KM)  
AGES 13+: 3 LAPS (7.5KM)

**RUN**

AGES 6-9: COURSE (500M)  
AGES 10-12: COURSE (1KM)  
AGES 13+: COURSE (2 KM)

GOONDIWINDI  
TRIATHLON  
CLUB.  
KID'S

