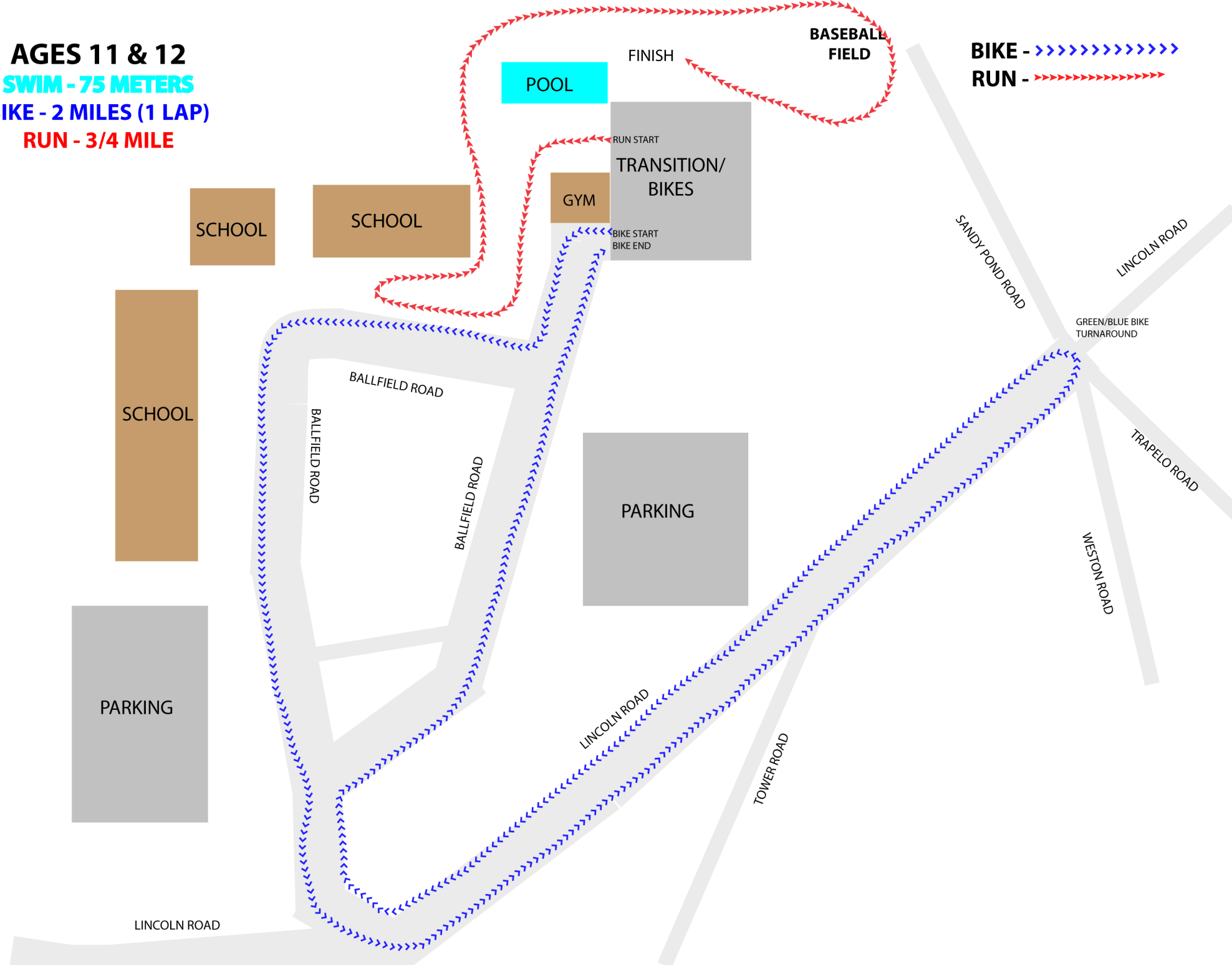
AGES 11 & 12

SWIM - 75 METERS

BIKE - 2 MILES (1 LAP)

RUN - 3/4 MILE