

# GRC TRIATHLON CLUB

## PRESENTS



# JUNIOR AQUATHLON

October 2<sup>nd</sup> @  
West Calder High School



Age 8  
Swim 64m  
Run 500m

Age 9/10  
Swim 160m  
Run 1500m

Age 11/12  
Swim 224m  
Run 2km

Age 13/14  
Swim 288m  
Run 3km

Age 15/16  
Swim 416m  
Run 3km

Enter at



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