

MACKAY TRIATHLON *Festival*

KIDS TRIATHLON



SWIM 
BIKE 
RUN 

UNDER 7's - 100m | 1km | 500m

Swim - 1 Lap

Bike - 1 Lap

Run - 1 Lap

7-9 - 100m | 3m | 1km

Swim - 1 Lap

Bike - 4 Laps

Run - 2 Laps

10-11 - 200m | 6km | 2km

Swim - 2 Laps

Bike - 8 Laps

Run - 5 Laps