

Woodhorn Museum Junior Aquathlon Swim Route

Tristar Start (Age 8) : Swim 100m = 1 Lap.
Tristar 1 (Ages 9-10): Swim 200m = 2 Laps.
Tristar 2 (Ages 11-12): Swim 300m = 3 Laps.
Tristar 3 (Ages 13-14): Swim 400m = 4 Laps.



Woodhorn Museum Junior Aquathlon Run Route

Tristar Start (Age 8) : Run 600m - 1 Lap.
Tristar 1 (Ages 9-10): Run 1.2K - 2 Laps.
Tristar 2 (Ages 11-12): Run 1.8k - 3 Laps.
Tristar 3 (Ages 13-14): Run 2.4k - 4 Laps.

