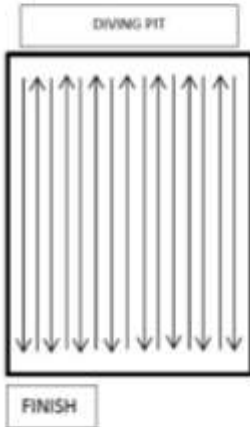

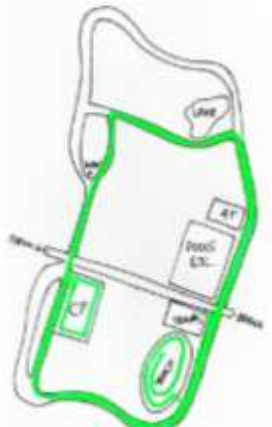
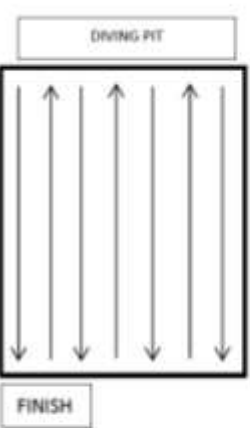


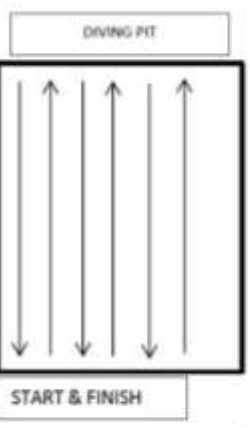
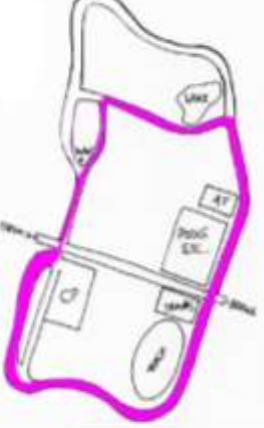



CRYSTAL PALACE TRIATHLON – 13 MAY 2018 – COURSE SUMMARIES

| Adult | SWIM | BIKE | RUN |
|---|---|---|---|
| <p>Swim - 750m Bike - 20k Run - 5k</p> <p>Registration : 07:30</p> <p>First swimmer: 08:30</p> |  <p style="text-align: center;">50M POOL 15 L'S ZIG ZAG</p> |  <p style="text-align: center;">9 LAPS</p> |  <p style="text-align: center;">2 LAPS PARK & 1.5 LAPS ON TRACK</p> |
| <p>Junior/ Youth</p> <p>Swim - 350m Bike - 11k Run - 2.7k</p> <p>Registration : 10:15 Race briefing: 11:15 Swim start: 11:45</p> |  <p style="text-align: center;">50M POOL 7 L'S ZIG ZAG</p> |  <p style="text-align: center;">5 LAPS</p> |  <p style="text-align: center;">1 LAP PARK & 1.5 LAPS ON TRACK</p> |
| <p>TriStar 3</p> <p>Swim - 300m Bike - 8k Run - 2.4k</p> <p>Registration : 11:30 Race briefing: 12:30 Swim start: 13:00</p> |  <p style="text-align: center;">50M POOL 6 L'S ZIG ZAG</p> |  <p style="text-align: center;">4 LAPS</p> |  <p style="text-align: center;">1 LAP PARK & 1.5 LAPS ON TRACK</p> |

CRYSTAL PALACE TRIATHLON – 13 MAY 2018 – COURSE SUMMARIES

| | SWIM | BIKE | RUN |
|---|------|------|-----|
| <p>TriStar 2</p> <p>Swim - 200m Bike - 6k Run – 1.6k</p> <p>Registration: 12:40 Race briefing: 13:40 Swim start: 14:10</p> | | | |
| <p>TriStar 1</p> <p>Swim - 150m Bike - 4k Run – 1.2k</p> <p>Registration: 13:30 Race briefing: 14:30 Swim start: 15:00</p> | | | |
| <p>TriStart</p> <p>Swim - 50m Bike - 1k Run – 600m</p> <p>Registration: 14:30 Race briefing: 15:30 Swim start: 16:00</p> | | | |