



Colour	Age	Distance	Approx Swim Times
Red	18+	500m	15 minutes + 8AM 13-15 minutes 8:30AM 11-13 minutes 9:00AM 9-11 minutes 9:30AM 9-minutes or less 10:00AM
Blue	15-17	400m	10:15AM
Yellow	12-14	300m	10:30AM
Green	10-11	200m	11:00AM
Orange	8-9	100m	11:15AM
Purple	7 & under	50m	11:30AM

MAP NOT TO SCALE

Map Designed by Dragon Art Design

Bike Check
Provided by:
Source
for sports.
Okotoks
403-938-5772

