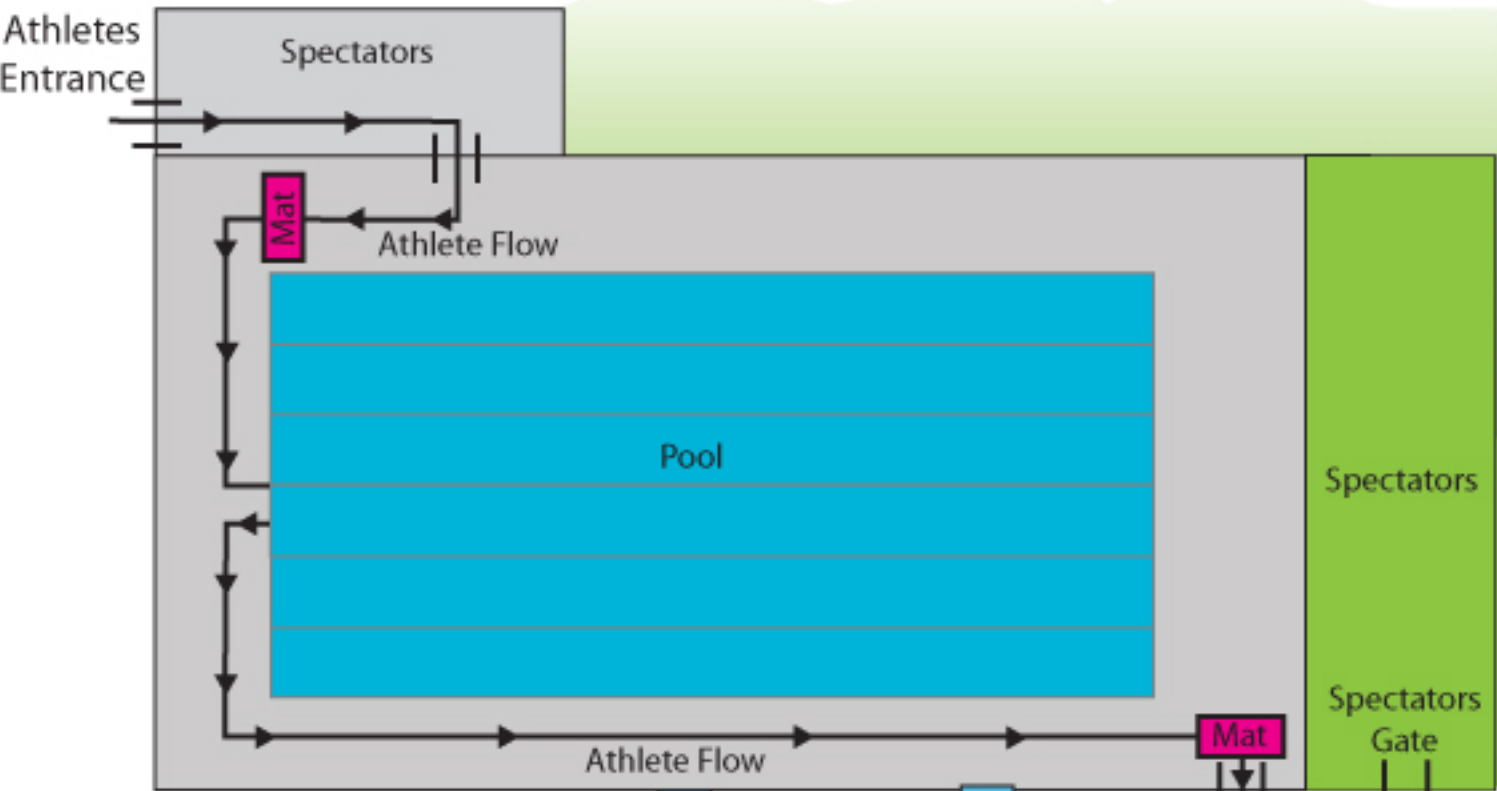




Legend			
Colour	Age	Distance	Approx Swim Times
Red	18+	500m	15 minutes + 9AM 13-15 minutes 9:30AM 11-13 minutes 10:00AM 9-11 minutes 10:30AM 9-minutes or less 11:00AM
Blue	15-17	400m	12:30PM
Yellow	12-14	300m	12:30PM
Green	10-11	200m	1:00PM
Orange	8-9	100m	1:00PM
Purple	7 & under	50m	1:30PM

MAP NOT TO SCALE

Map Designed by Skyline Design 2010.



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

