

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.

