



0 2000 m

ROUTE DISTANCE			
SHORT SUPERSPRINT/ RELAY	200 M	~5000 M	1000 M x2
SPRINT	750 M	~20 000 M	5000 M
OLYMPIC	1500 M	~20 000 M x2	5000 M x2
JUNIOR (9-11)	100 M	~3000 M	1000 M
OPEN WATER	1500 M		