



**SWIM MAP**

- 6-7yr olds: 50m
- 8-9yr olds: 100m
- 10-11yr olds: 200m
- 12-13yr olds KOS & 14-17yr olds KOS 300m
- 13-19yr Draft Legal Youth/Junior Super Sprint 300m

Beach

**Start**  
 10-11yr  
 12-13yr & 14-17yrs  
 DL SuperSprint