

Champion Lakes Pursuit

SWIM:	750m	1 lap	
BIKE:	20km	4 laps	
RUN:	5km	1 lap	
(2.5km out 2.5km back)			



Champion Lakes Enticer

SWIM:	250m	1 lap	
BIKE:	10km	2 lap	
RUN:	2km	1 lap (1km out 1km back)	





Champion Lakes Elite

SWIM: 750m 1 lap

BIKE: 24km 3 laps

RUN: 5km 5 laps
(500m out 500m back)

