



ChillOut! | Sunday Times

TADPOLES

AQUATHON

CITY OF ROCKINGHAM

4 MARCH 2012

- S** → SWIM COURSE
100M - 1 LAP
- R** → RUN COURSE
500M - 1 LAP



TELSTRA
triathlon series
 2011/12

ROCKINGHAM TRIATHLON TADPOLES

- S** → SWIM COURSE
100M - 1 LAP
- R** → RUN COURSE
500M - 1 LAP
- T** TRANSITION AREA