


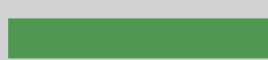


JOHNSTON

	SWIM COURSE
	BIKE COURSE
	RUN COURSE
	JR RUN COURSE

SENIORS

1 LAP SWIM
3 LAP BIKE
2 LAP RUN

INTERMEDIATES

1 LAP SWIM
2 LAP BIKE
1 LAP RUN

JUNIORS

1 LENGTH SWIM
1 LAP BIKE
1 LAP RUN (.6 miles)

