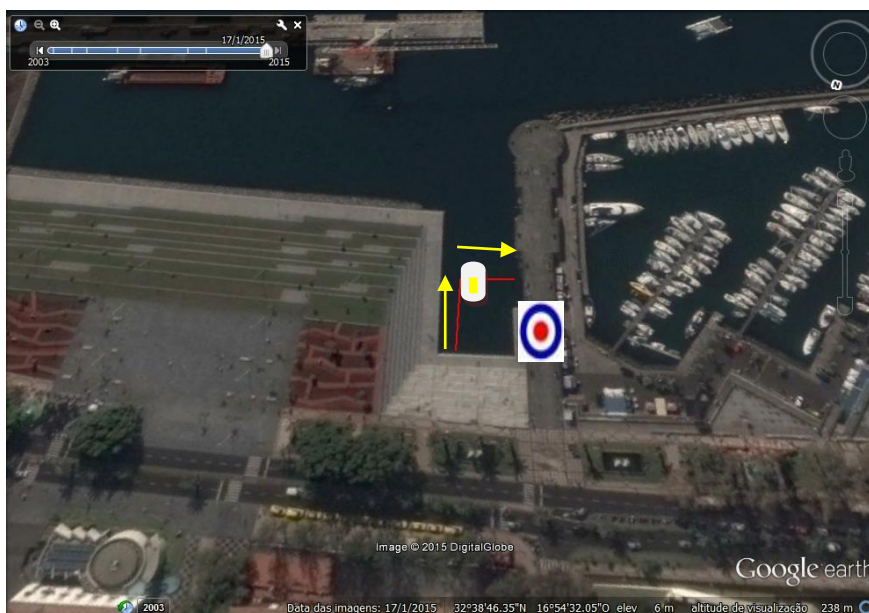
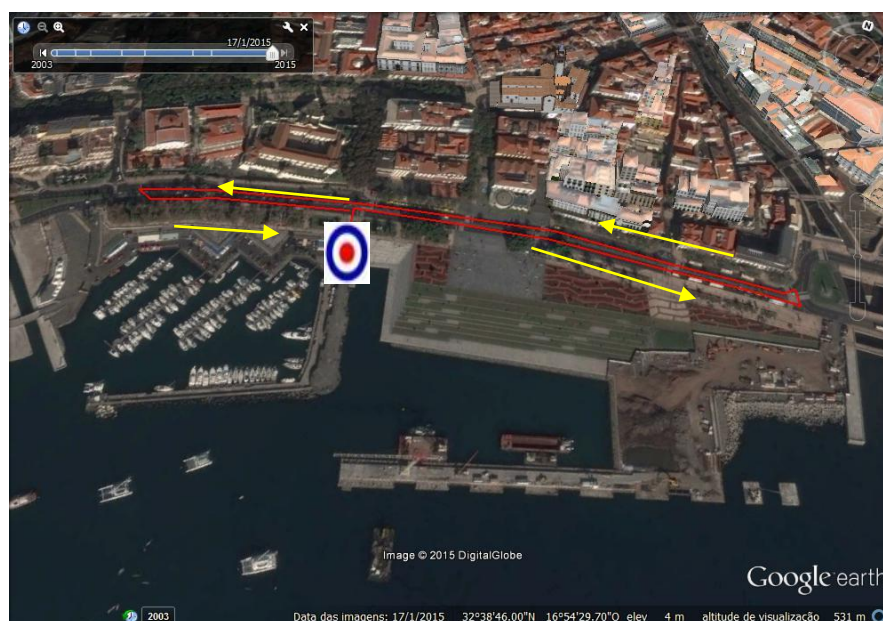


Benjamins  
Natação/Ciclismo/Corrida  
(50m/1000m/400m)

Natação (50 metros x 1 volta) = 50 metros



Ciclismo - (1000 metros x 1 volta) = 1000 metros

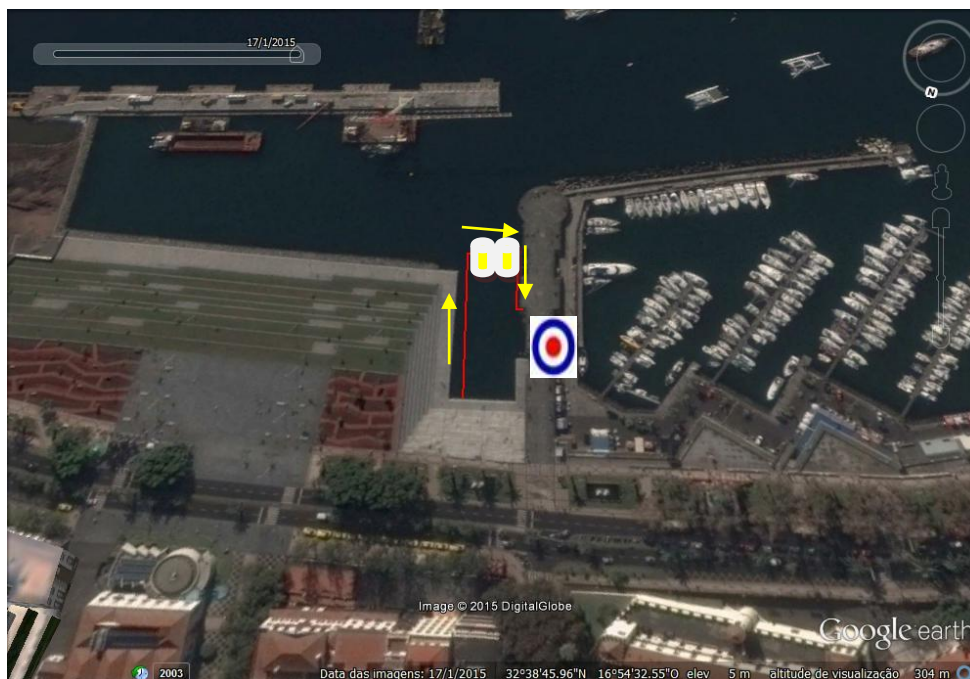


Corrida - (400 metros x 1 volta) = 400 metros

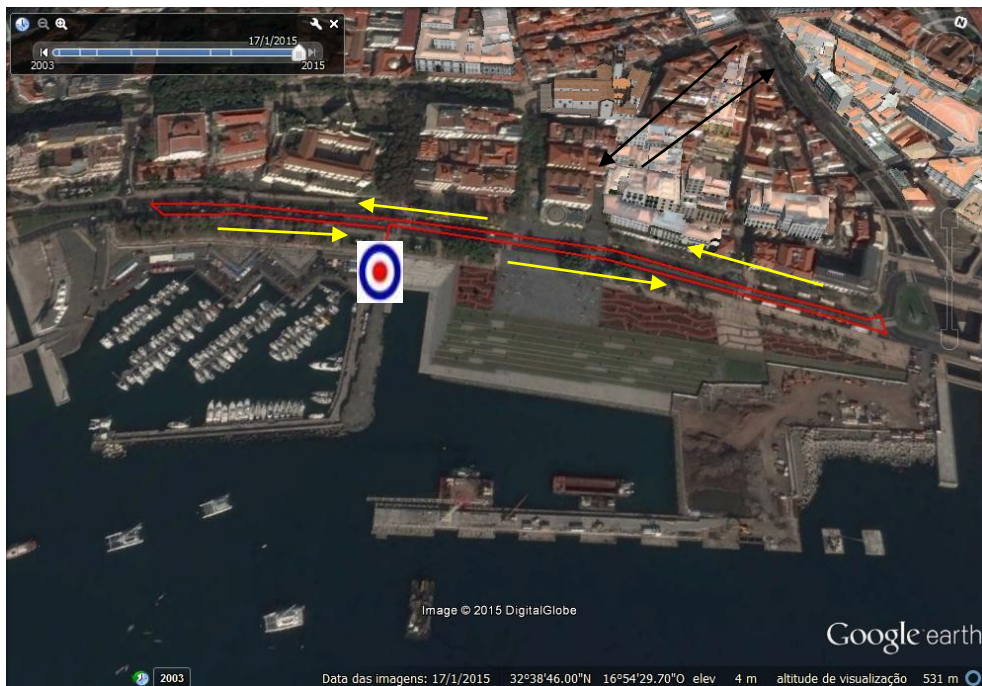


Infantis  
Natação/Ciclismo/Corrida  
(100m/2000m/800m)

Natação (100 metros x 1 volta) = 100 metros



Ciclismo – (1000 metros x 2 voltas) = 2000 metros

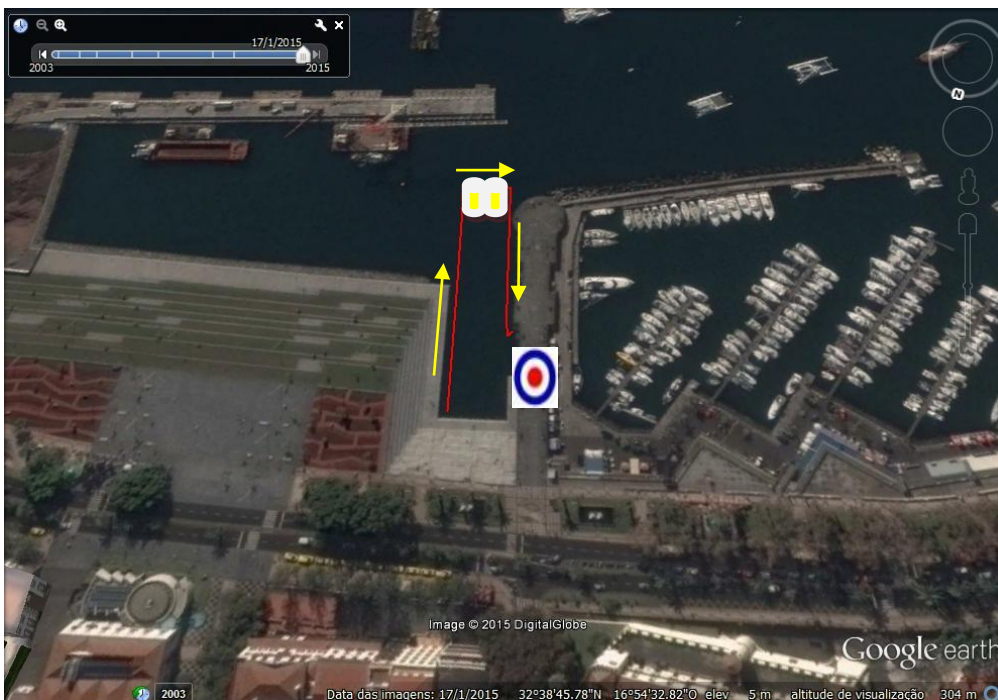


Corrida – (800 metros x 1 volta) = 800 metros

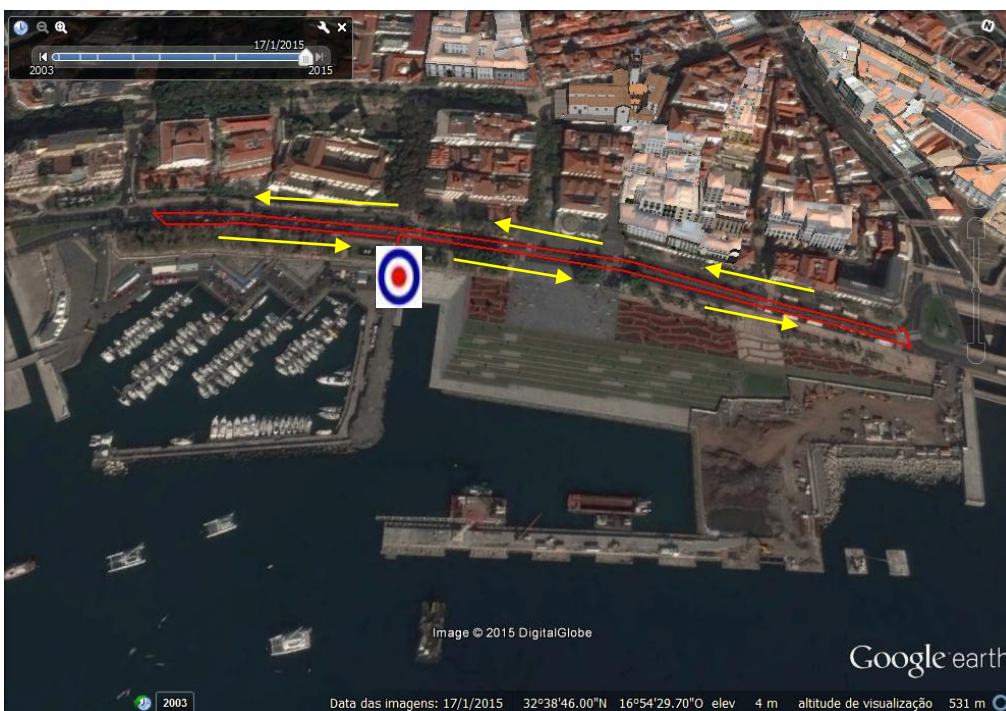


Iniciados  
Natação/Ciclismo/Corrida  
(200m/4000m/1000m)

Natação (200 metros x 1 volta) = 200 metros



Ciclismo - (1000 metros x 4 voltas) = 4000 metros



Corrida - (500m x 2 voltas) = 1000 metros

