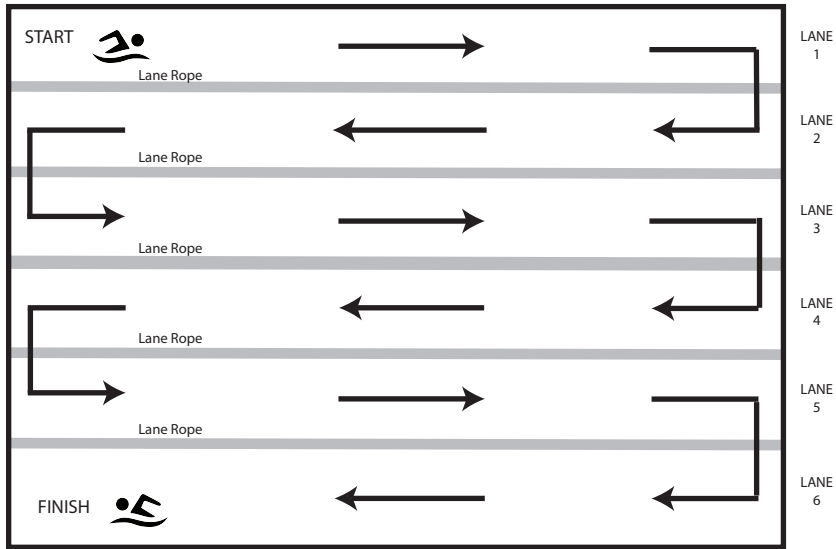


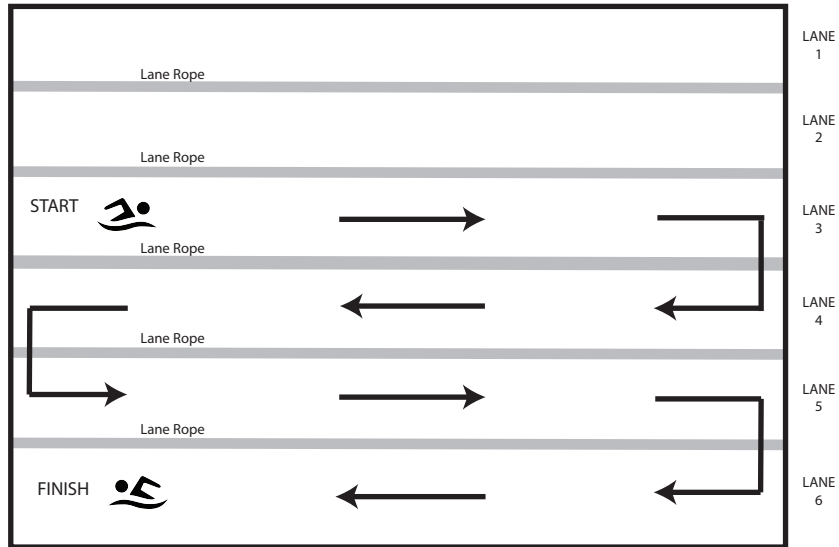
Hagerstown Youth Triathlon, 13-15 yr old, 150 meters, 6 lengths

Start in lane 1. Swim to end of lane 1. Duck under lane rope. Swim to end of lane 2. Duck under lane rope. Repeat in lanes 3-6. Climb out at end of lane 6.



Hagerstown Youth Triathlon, 9-10 yr old, 100 meters, 4 lengths

Start in lane 3. Swim to end of lane 3. Duck under lane rope. Swim to end of lane 4. Duck under lane rope. Repeat in lanes 5-6. Climb out at end of lane 6.



Hagerstown Youth Triathlon, 7-7 yr old, 50 meters, 2 lengths

Start in lane 5. Swim to end of lane 5. Duck under lane rope. Swim to end of lane 6. Climb out at end of lane 6.

