

DUNSANDEL SCHOOL

DUATHLON COURSE

**P**ARTICIPATE  
**R**ESPECT  
**I**NIITIATIVE  
**D**ETERMINED  
**E**XCELLENCE

## 9 and 10 Years Old Duathlon

Run – 1.5 laps of Run track (red)

Bike – 5 laps of Bike Track (blue)

Run – 3 laps of Run track (red)

Yellow Transition Area

Orange Parent (no cars)

Green Children area

