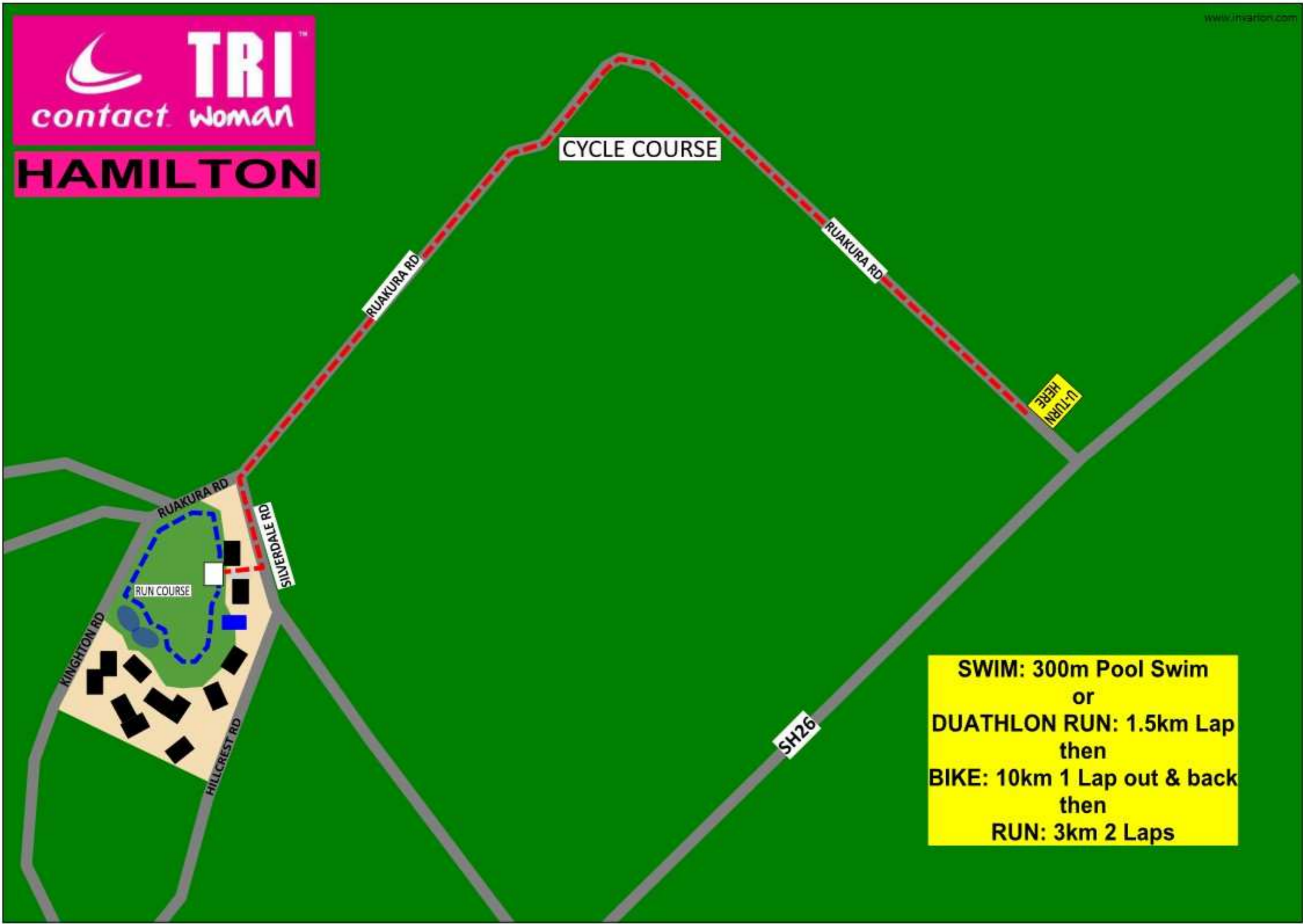


 **TRI**<sup>™</sup>  
contact woman  
**HAMILTON**



**SWIM: 300m Pool Swim**  
or  
**DUATHLON RUN: 1.5km Lap**  
then  
**BIKE: 10km 1 Lap out & back**  
then  
**RUN: 3km 2 Laps**