

## ***DUATHLON & AQUABIKE***

<b>SUPER SPRINT</b>	<b>400</b>
<b>SPRINT</b>	<b>500</b>
<b>STANDARD</b>	<b>600</b>
<b>MIDDLE +</b>	<b>700</b>

## ***RUN***

<b>1K-3K</b>	<b>100</b>
<b>5K-10K</b>	<b>200</b>
<b>10K</b>	<b>250</b>
<b>HALF MARATHON</b>	<b>300</b>
<b>MARATHON</b>	<b>400</b>

# ***ATW POINTS***

## ***TRIATHLON***

<b>SUPER SPRINT</b>	<b>500</b>
<b>SPRINT</b>	<b>700</b>
<b>STANDARD</b>	<b>850</b>
<b>CHALLENGE</b>	<b>900</b>
<b>MIDDLE +</b>	<b>1,250</b>

***POINTS MAY VARY  
BETWEEN EVENTS - PLEASE  
CHECK THE INDIVIDUAL  
EVENT PAGE FOR DETAILS***