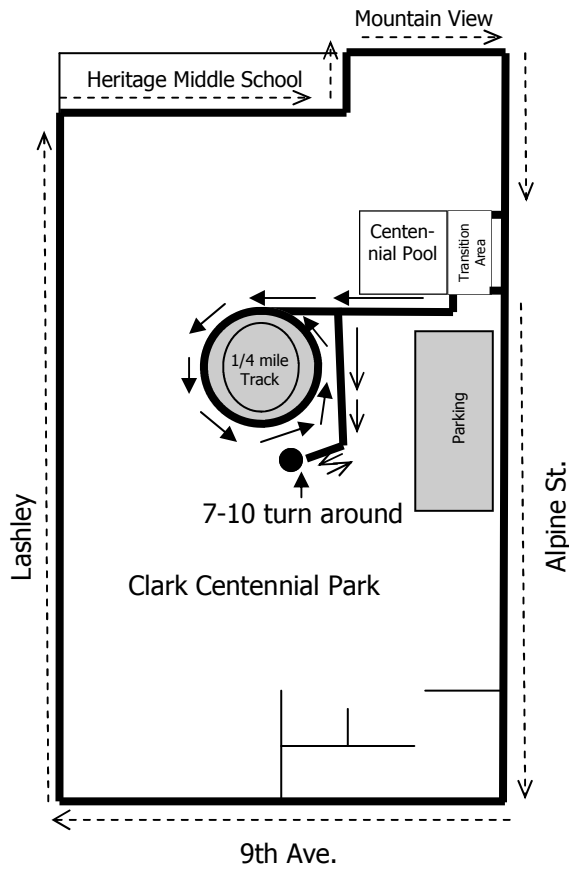


## 2010 Kids Only Triathlon Course Map



### 7-10 yr olds:

Swim 100 yards= 4 lengths of the pool  
 Bike 3 miles= 2x around bike course  
 Run .6 mile= to the dot and back

### 11-12 yr olds:

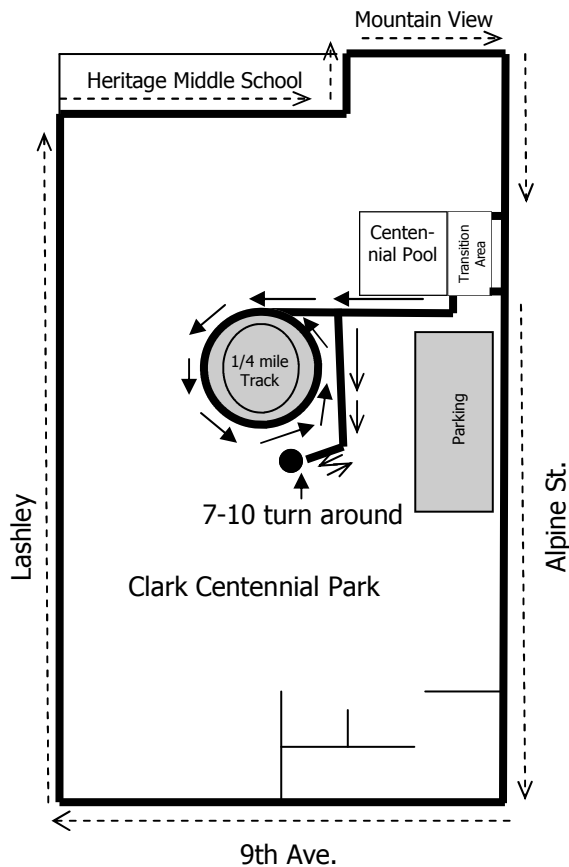
Swim 200 yards= 8 lengths of the pool  
 Bike 6 miles= 4x's around bike course  
 Run 1.2 miles= run around the track 4x's and back

### 13-17 yr olds:

Swim 400 yards= 16 lengths of the pool  
 Bike 6 miles= 4x's around bike course  
 Run 2 miles= run around the track 7x's and back



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