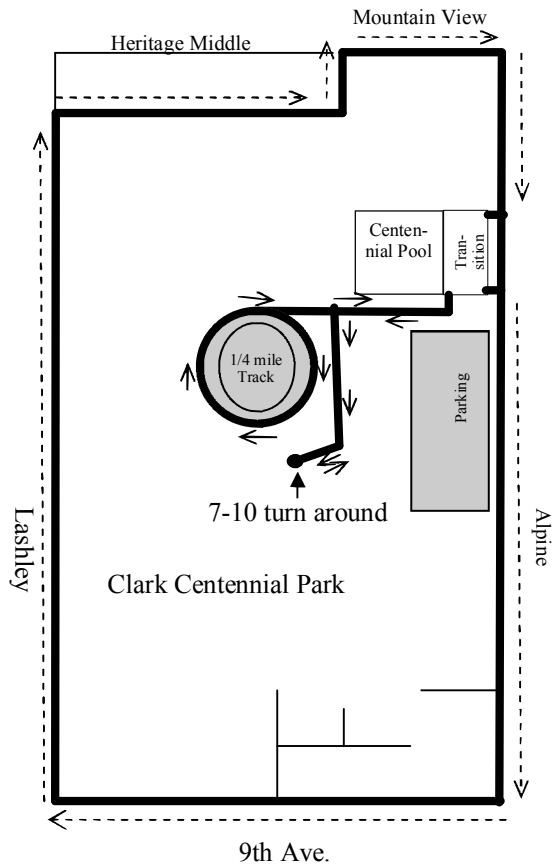


2009 Kids Only Triathlon Course Map



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:

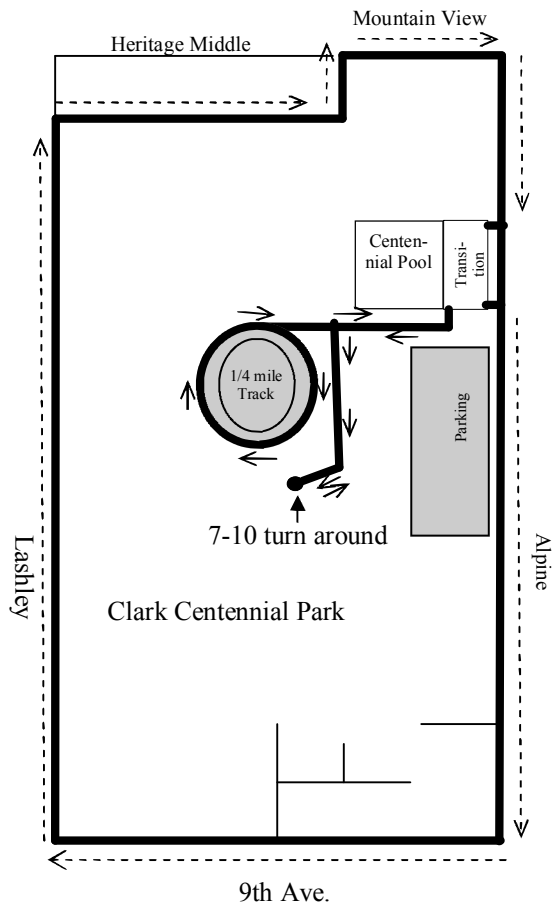
Swim 200 yards= 8 lengths of the pool
 Bike 6 miles= 4x's around bike course
 Run 1.2 miles= run around the track 4x's and back

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



2009 Kids Only Triathlon Course Map



7-10 yr olds:

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

11-12 yr olds:

Swim 200 yards
 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
 Bike 6 miles= 4x's around bike course
 Run 2 miles= run around the track 7x's and back

