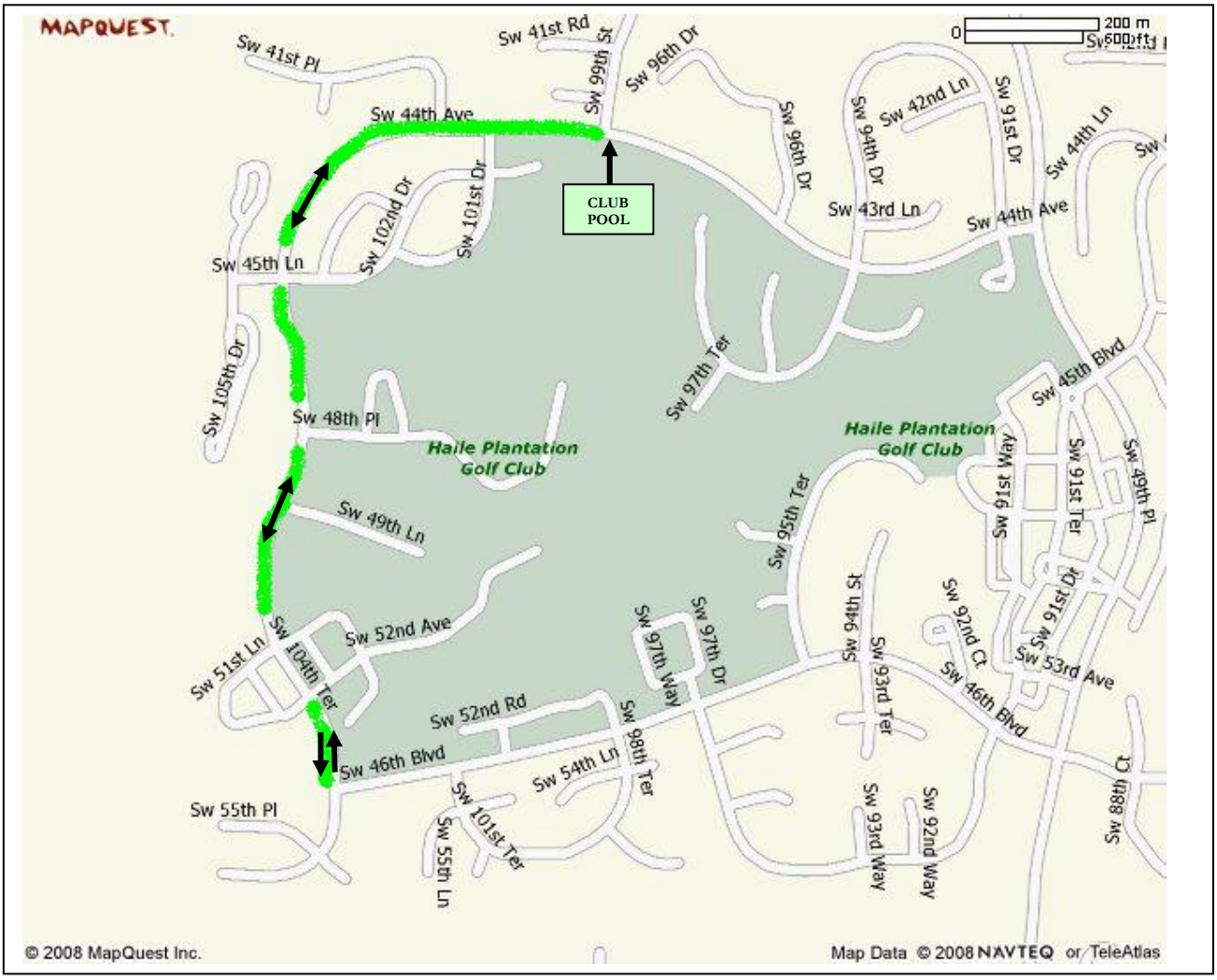
# Kids 4 Kids Triathlon / Fun Run

**Swim in Haile GCC pool**

**Bike / Run course** ——

**Bike on road, run on path along 44th / 104th**

**SW 46th Blvd is 1 mile**

| Age group | Swim (yards) | Bike (miles out / back) | Run (miles out / back) |
|---|---|---|---|
| 4-6 | 25 (1 lap of pool) | ½ (out ¼ /back ¼) | ¼ |
| 7-9 | 50 (2 laps) | 1 (out ½ /back ½ ) | ½ (out ¼ /back ¼) |
| 10-12 | 100 (4 laps) | 2 (out 1 / back 1) | 1 (out ½ /back ½ ) |
| 13-15 | 200 (8 laps) | 4 (out 1 / back 1- twice) | 2 (out 1 / back 1) |
| 16-18 | 200 (8 laps) | 4 (out 1 / back 1- twice) | 2 (out 1 / back 1) |
| Fun Run | x | x | 2 (out 1 / back 1) |