

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)

