



- Swim Exit →
- Bike Course →
- Run Course →
- Transition T
- Medical +
- Finish F

Age Group	Swim	Bike	Run
5 and Under	25m	2 laps	250 meters
6-7	50m	3 laps	500 meters

All runners turn left at north end of parking lot. 5U will do an out and back. 6-7 year olds will turn at the same point as U5 but continue towards 15th before making their way back to the finish.