



- Swim Exit 
- Bike Course 
- Run Course 
- Transition 
- Medical 
- Finish 

Age Group	Swim	Bike	Run
5 and Under	25m	1 laps/500m	100 meters
6-7	50m	2 laps/1km	500 meters

All runners turn left at north end of parking lot. 5U run and U-turn at entrance to finish chute.. 6-7 year olds run the perimeter of the parking lot and return the same way.