







- 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.