







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

Age Group	Swim	Bike	Run
8 - 9	100m	1 lap/1.6km	1 lap/800m
10 - 11	200m	4 laps/6km	1 lap/1km

Bike: Athletes head north in the parking lot weaving through the lot before heading out to 18th Ave. Where they do an out and back. Turn right behind the exhibition park, and U-turn, returning to transition.

Run: Athletes head north from transition and take a left. Following direction of the officials. U-turn at 18th and back they way they came to the finish chute.