

KIT YOUTH TRI at SPRINGFIELD MAP



RACE COURSE

SWIM in pool then go to transition
 BIKE on streets
 RUN on sidewalk

5-7 SWIM 50 yds
 BIKE 1 loop
 RUN 1 loop

8-10 SWIM 100 yds
 BIKE 2 loops
 RUN 2 loops

11-17 SWIM 150 yds
 BIKE 3 loops
 RUN 3 loops

Approx. Race Distances

AGE	SWIM	BIKE	RUN
5-7	50	1.5	.5
8-10	100	3.0	1.0
11-17	150	4.5	1.5