

# KIT YOUTH TRI at LOCHMERE MAP

**RUN**  
#37-44

**BIKE**  
#10-36

## 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	1.7	.45
8-10	100	3.4	.90
11-17	150	5.1	1.35

