

KIT Triathlon @ Eagle Ridge MAP



Bike Out/In & loops 2&3
1 loop=1.3 mi on street

Downhill-cover brakes

Run Out/In & turnaround
1 loop=.4 mi
Out and back on sidewalk

Race distances			
AGE	SWIM	BIKE	RUN
5-7	50	1.3	.4
8-10	100	2.6	.8
11-17	150	3.9	1.2

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

