5-6 year olds: Splash & Dash
Start in Pool Area.

Swim 50 yards (1 lap): Enter water at Lane 7
Exit water at Lane 8 and move into 5&6 year old transition area (on the South side of the pool deck).
No parents in Transition Area. Volunteers are on hand to assist children.

Run 350 yds: Exit North door out of pool deck, run North to sidewalk. Take sidewalk West and South until FINISH.

7-10 year olds: Swim, Bike, Run
Start in Pool Area.

Swim 100 yards (2 laps): Enter water at Lane 5.
Exit water at Lane 8, exit building at East door, and run around building to transition area.
No parents in Transition Area. Volunteers are on hand to assist children.

Bike 1.25 mi: Exit transition area to the left taking the parking lot road to Iles. Bike on the left/South side of Iles until Wabash Trail head. Turn around and re-enter transition area the same way it was exited.

Run .5 mi: Exit transition area to the right taking sidewalk to Iles. Run on the right/North side of Iles until neighborhood entrance (Burgess Dr.), turn around and run to FINISH.

11-12 year olds: Swim, Bike, Run
Start in Pool Area.

Swim 200 yards (4 laps): Enter water at Lane 1.
Swim down each lane once. (i.e. Down 1, Back 2, Down 3, Back 4, and so on.) Exit water at Lane 8, exit building at East door, and run around building to transition area.
No parents in Transition Area. Volunteers are on hand to assist children.

Bike 2 mi: Exit transition area to the left taking the parking lot road to Iles. Bike on the left/South side of Iles, turn left onto Wabash Trail. Turn around at Lenhart. Re-enter transition area the same way it was exited.

Run 1.25 mi: Exit transition area to the right taking sidewalk to Iles. Run on the right/North side of Iles until Wabash Trail head, turn around and run to FINISH.

13-14 year olds: Swim, Bike, Run
Start in Pool Area.

Swim 300 yards (6 laps): Enter water at Lane 1.
Swim down the first four lanes once. (i.e. Down 1, Back 2, Down 3, Back 4.) Swim down and back the last 4 lanes (make that change in lane 5). Exit water at Lane 8, exit building at East door, and run around building to transition area.
No parents in Transition Area. Volunteers are on hand to assist children.

Bike 4 mi: Exit transition area to the left taking the parking lot road to Iles. Bike on the left/South side of Iles, turn left onto Wabash Trail. Turn around at Centennial Park. Re-enter transition area the same way it was exited.

Run 1.25 mi: Exit transition area to the right taking sidewalk to Iles. Run on the right/North side of Iles until Wabash Trail head, turn around and run to FINISH.

*Volunteers will be placed at all turn-arounds, transitions, and timing mats for every age group.*