TRY the TRI

SWIM • BIKE • RUN

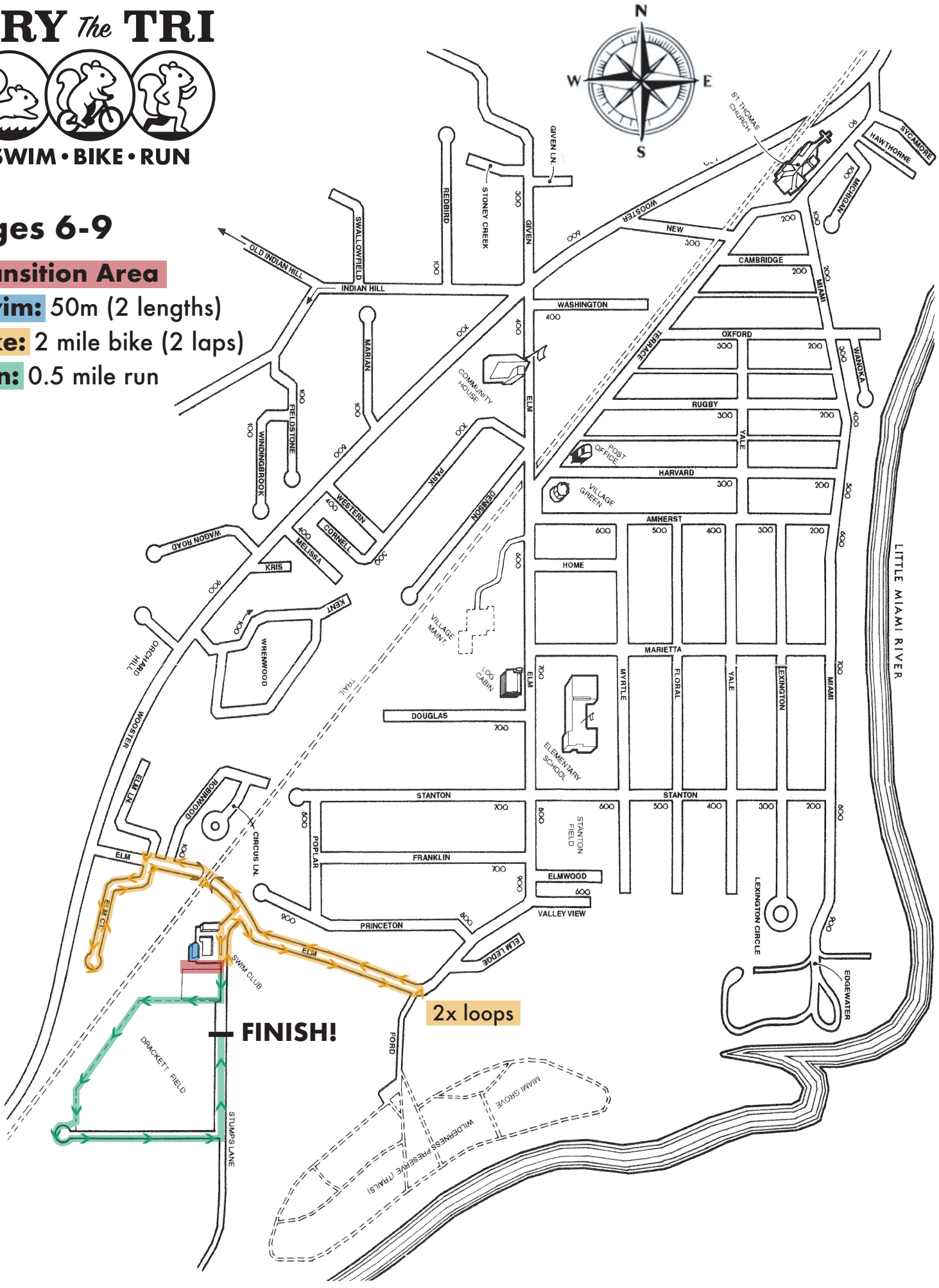
Ages 6-9

Transition Area

Swim: 50m (2 lengths)

Bike: 2 mile bike (2 laps)

Run: 0.5 mile run



TRY the TRI

SWIM • BIKE • RUN

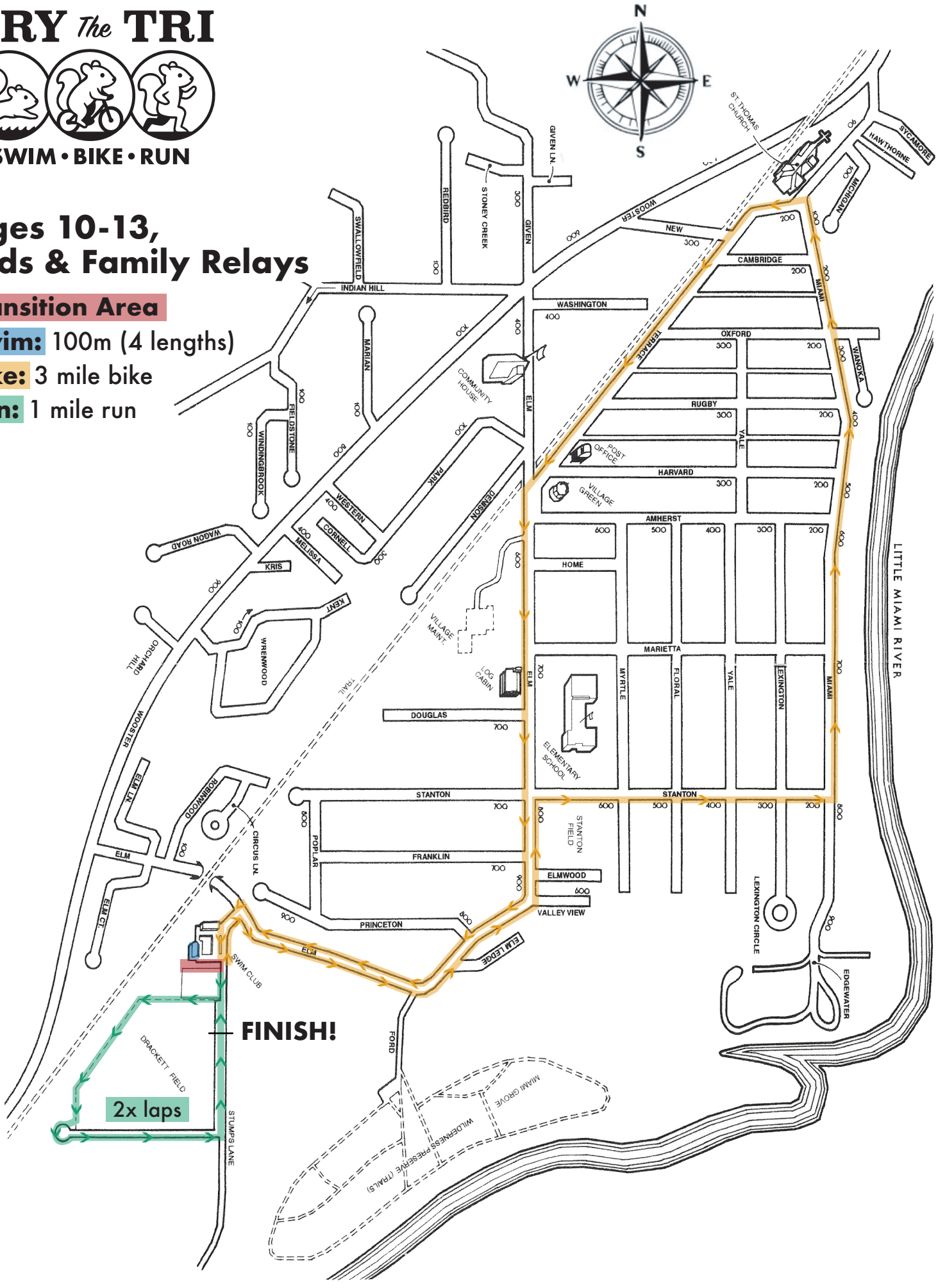
Ages 10-13, Kids & Family Relays

Transition Area

Swim: 100m (4 lengths)

Bike: 3 mile bike

Run: 1 mile run



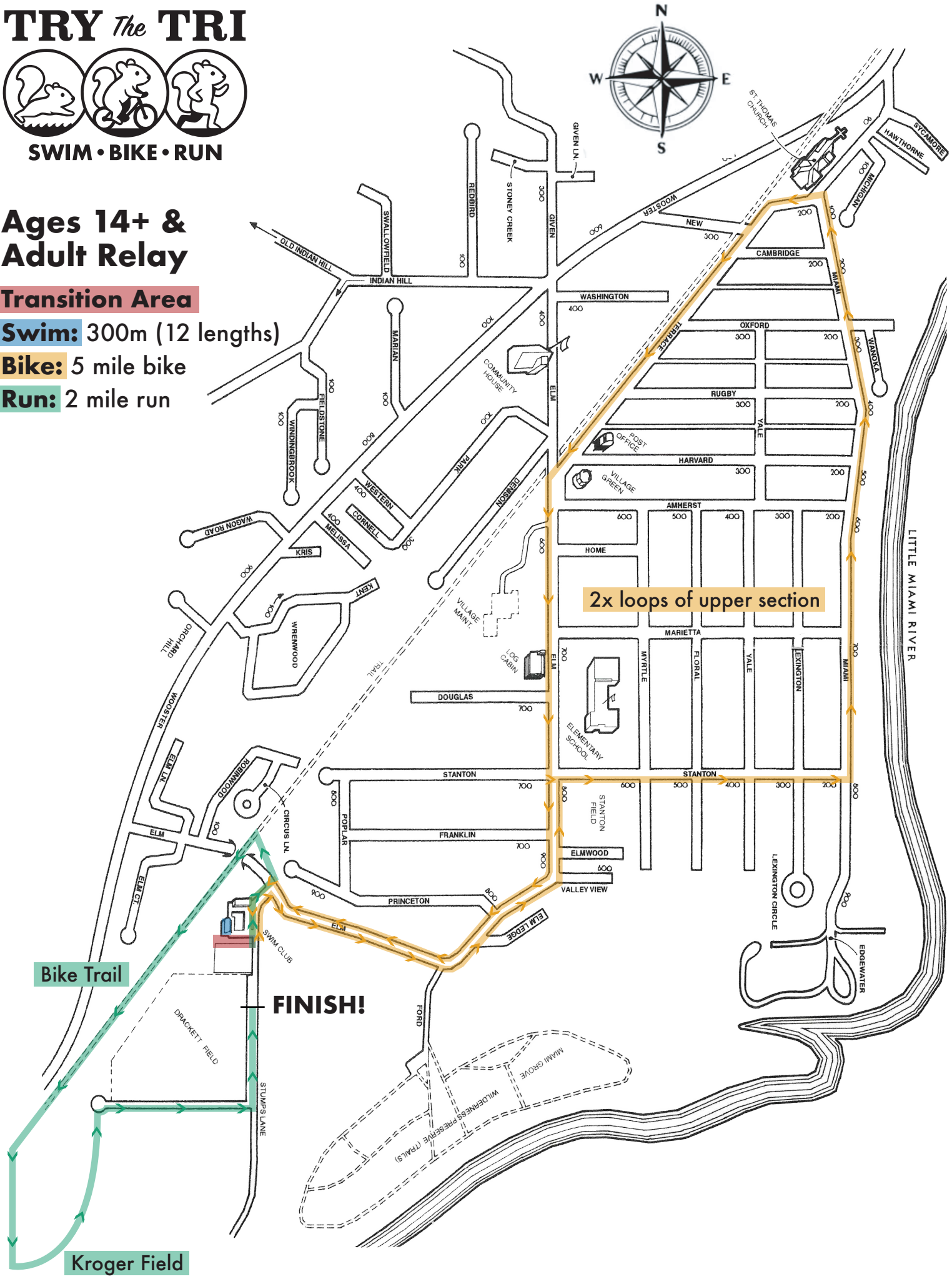
TRY the TRI

SWIM • BIKE • RUN

Ages 14+ & Adult Relay

Transition Area

Swim: 300m (12 lengths)

Bike: 5 mile bike

Run: 2 mile run