

OPTION 1:

Swim: 100 meters - 2 lengths in the pool

Bike: 2 Miles - 2 laps on the bike course

Run: 1/2 Mile - 1 shorter lap

OPTION 2:

Swim: 200 meters - 4 lengths in the pool

Bike: 3 Miles - 3 laps on the bike course

Run: 1 Mile - full run

**Huntington Youth Triathlon Swim Course
Dix Hills Park Pool**

