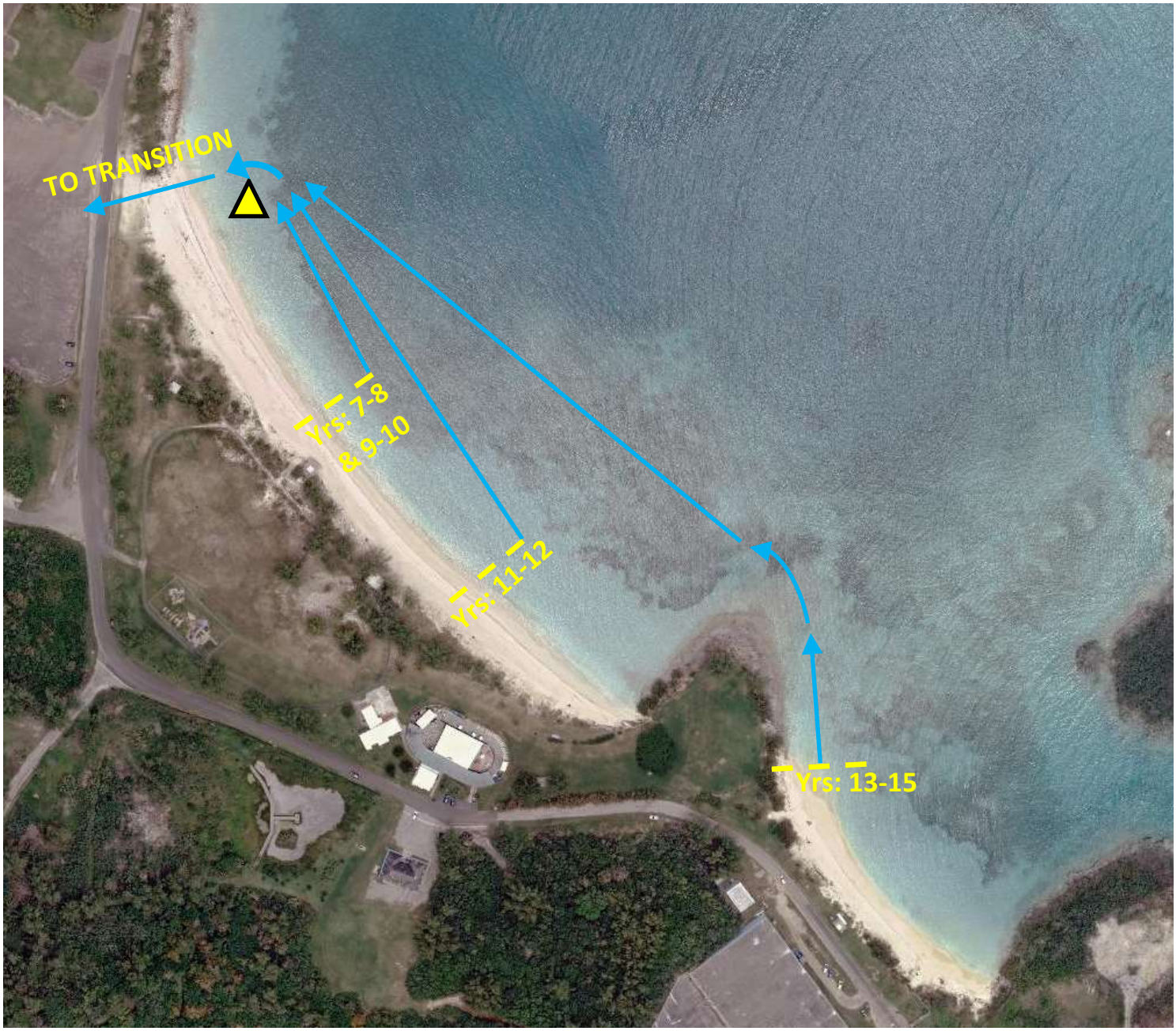
BANK OF BUTTERFIELD TRIATHLON

<u>JUNIOR – SWIM COURSE</u>

- **7-8 and 9-10 years: 100m (Start in waist depth of water and swim straight to and around finish buoy)**
- **11-12 years: 200m (Swim straight to and around finish buoy)**
- **13-15 years: 375 swim (Start from Turtle Beach and swim straight to and around finish buoy)**



BANK OF BUTTERFIELD – Olympic-Distance National Championship Triathlon 2021

JUNIOR – BIKE COURSE

7-8 & 9-10 years: 4.5km (1 loop to Carter's Bay Road turnaround – Opp. Lower Gates Rd)

11-12 & 13-15 years: 10km (2 loops to White's R/B and back)

- **Out lap uses pedestrian path on Southside Rd. Return similar route via road.**

BANK OF BUTTERFIELD – Triathlon 2021

JUNIOR 7-8 & 9-10 and 11-12 – RUN COURSE **(1 lap out and back)**

- Path heads off out of transition on the left hand side of the road towards Cooper's Island.
- JUNIORS 7-8, 9-10: Turn around the cone near the entrance gate to Cooper's Island.
- JUNIORS 11-12: Turn around the cone at the top of the second hill in Cooper's Island.
- Turn around cones will be Green. Turn at your correct green cone
- Head back towards transition