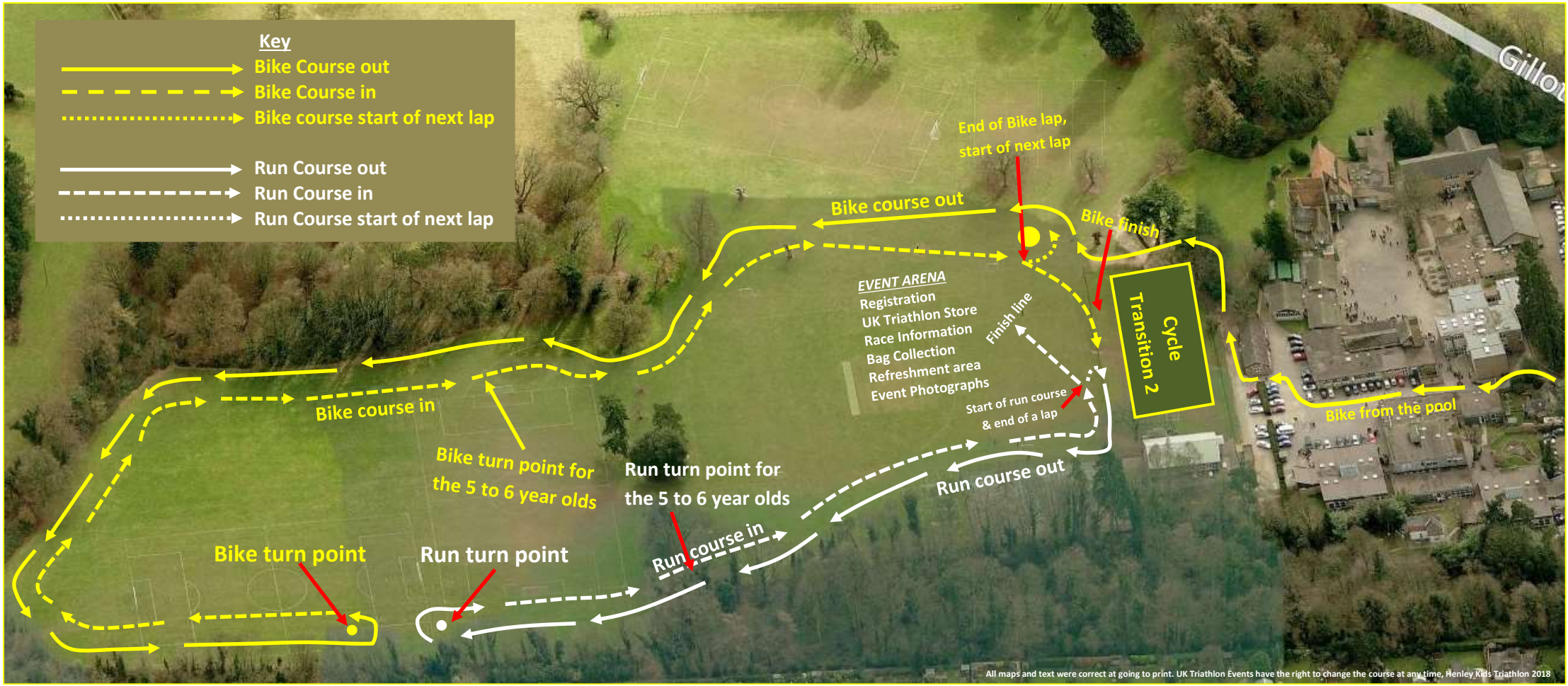
Henley Kids – Main Arena & Run Course



Main Arena, Bike Course & Run Course information

- The whole of the bike & run course will be post and taped, making it very easy to navigate for the children.
- Parents/guardians, if you have a wristband, you are allowed into the cycle transition areas with your children to help them.
- The whole of the bike & run course is on grass, as well as being inside the school grounds, making it safe for the children.

Kids Triathlon course distances

	Tin	Zinc	Steel	Bronze	Silver	Gold	Relay
Swim	10m = 1 width	25m = 1 Length	50m = 2 lengths	75m = 3 lengths	100m = 4 lengths	150m = 6 lengths	150m = 6 lengths
Bike	750m = 1 lap (SC)	1km = 1 lap	2km = 2 laps	3km = 3 laps	4km = 4 laps	4km = 4 laps	4km = 4 laps
Run	300m = 1 lap (SC)	500m = 1 lap	1000m = 2 laps	1500m = 3 laps	2km = 4 laps	2500m = 5 laps	2500m = 5 laps

SC = Short course