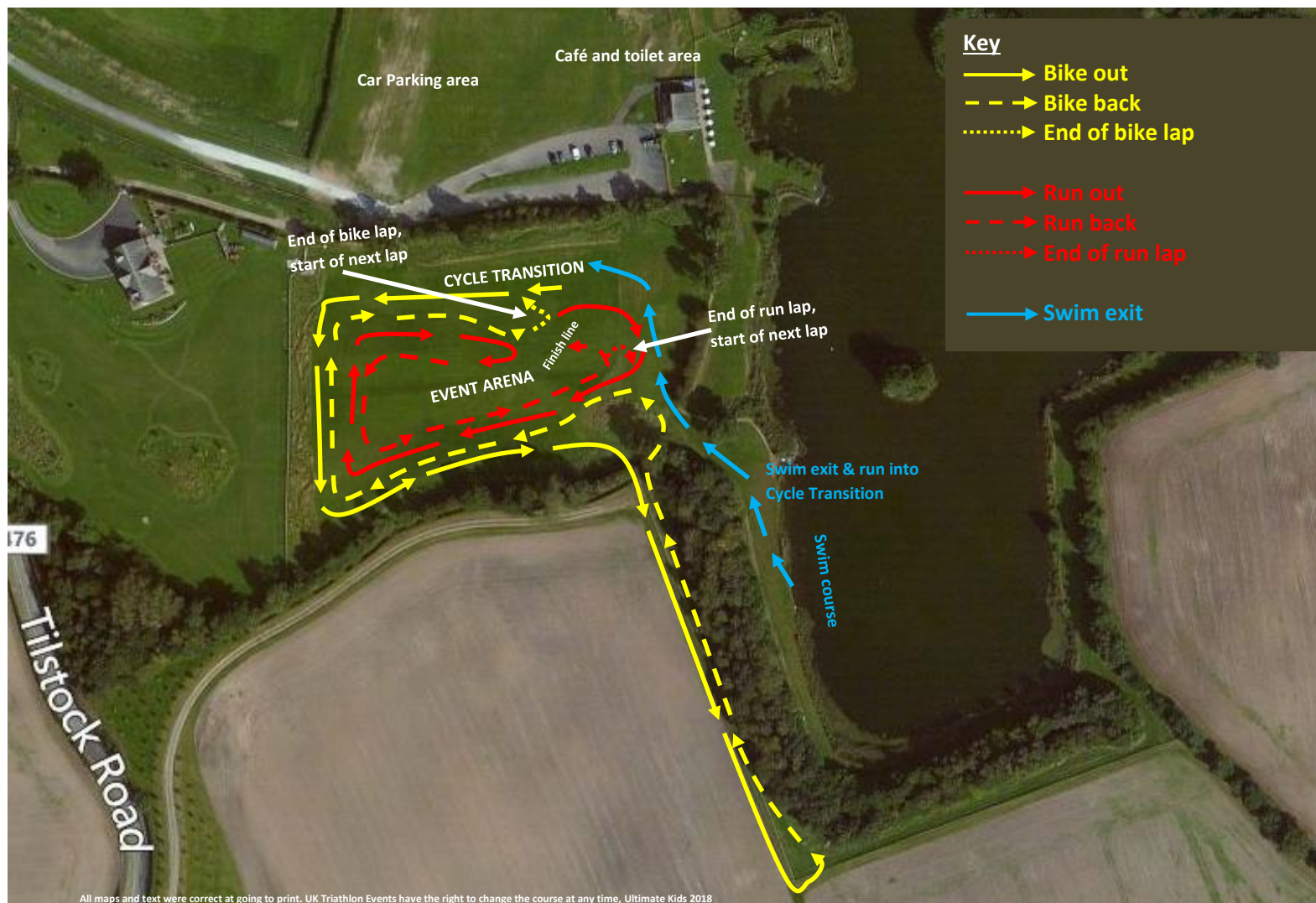


# UK Kids Fun Triathlon

## Full Event Course



### IMPORTANT INFORMATION ABOUT THE COURSE

- ❖ The whole of the bike and run course will be post and taped, making it very easy to navigate for the children.
- ❖ The whole of the bike and run course is on short grass and is flat as well as being inside the grounds of Alderford Lake, making it safe for the children.
- ❖ The swim course will be one lane rope 25m in distance, the children will swim along the lane rope (25m), if they have finished they will exit the water, if they need to do another lap they will go around the lane rope and swim on the other side.
- ❖ **Safety in the water:** there will be safety divers, race crew & canoeists in the water at all times; they will guide the children around the swim course to make sure the children are safe.

Kids Triathlon course distances

	Tin	Zinc	Steel	Bronze	Silver	Gold	Relay
Swim	N/A	25m = 1 Length	50m = 2 lengths	75m = 3 lengths	100m = 4 lengths	150m = 6 lengths	150m = 6 lengths
Bike	N/A	1km = 1 lap	2km = 2 laps	3km = 3 laps	4km = 4 laps	4km = 4 laps	4km = 4 laps
Run	N/A	500m = 1 lap	1000m = 2 laps	1500m = 3 laps	2km = 4 laps	2500m = 5 laps	2500m = 5 laps