

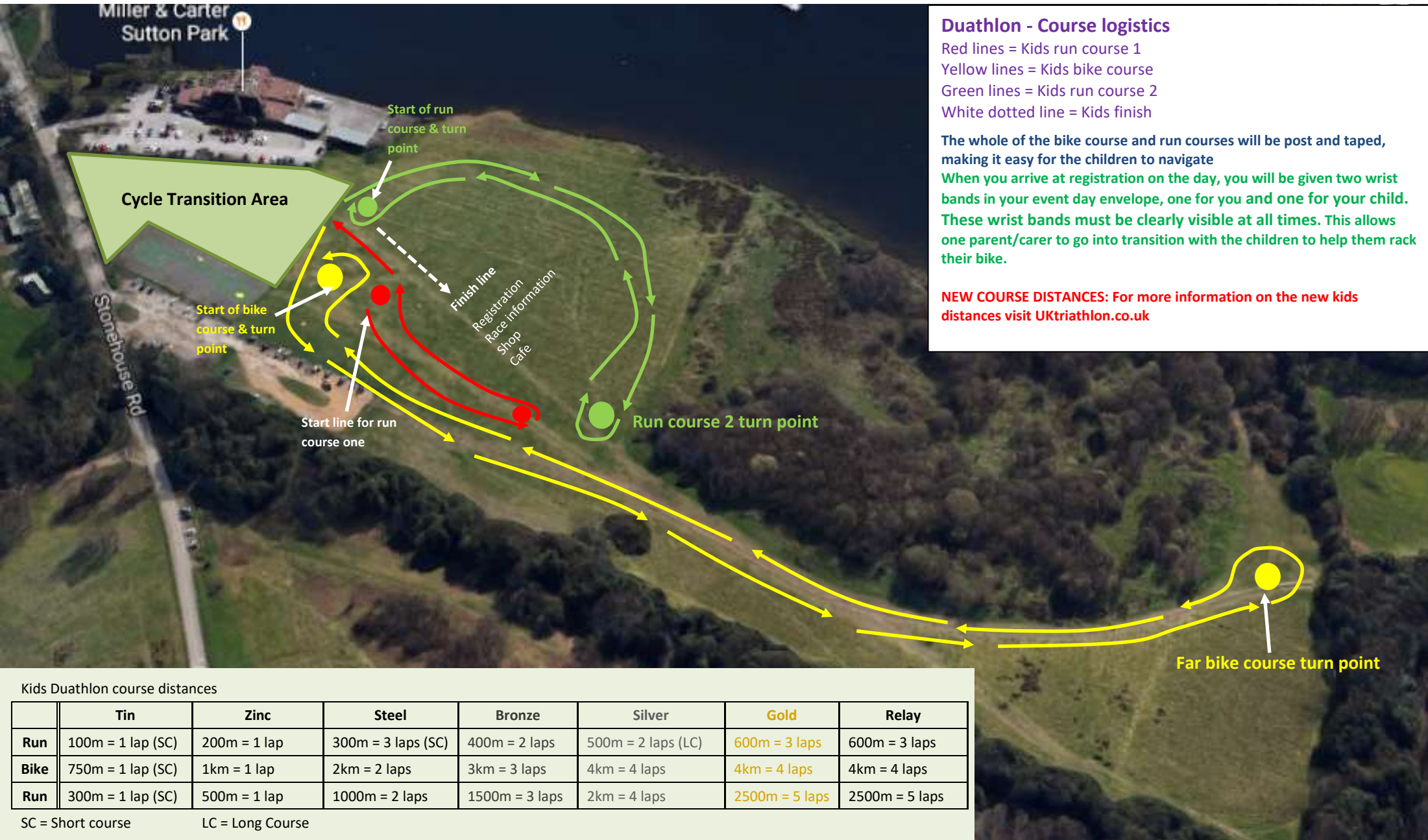
Birmingham - Kids Duathlon

Duathlon - Course logistics

- Red lines = Kids run course 1
- Yellow lines = Kids bike course
- Green lines = Kids run course 2
- White dotted line = Kids finish

The whole of the bike course and run courses will be post and taped, making it easy for the children to navigate
 When you arrive at registration on the day, you will be given two wrist bands in your event day envelope, one for you and one for your child. These wrist bands must be clearly visible at all times. This allows one parent/carer to go into transition with the children to help them rack their bike.

NEW COURSE DISTANCES: For more information on the new kids distances visit UKtriathlon.co.uk



Kids Duathlon course distances

	Tin	Zinc	Steel	Bronze	Silver	Gold	Relay
Run	100m = 1 lap (SC)	200m = 1 lap	300m = 3 laps (SC)	400m = 2 laps	500m = 2 laps (LC)	600m = 3 laps	600m = 3 laps
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

LC = Long Course