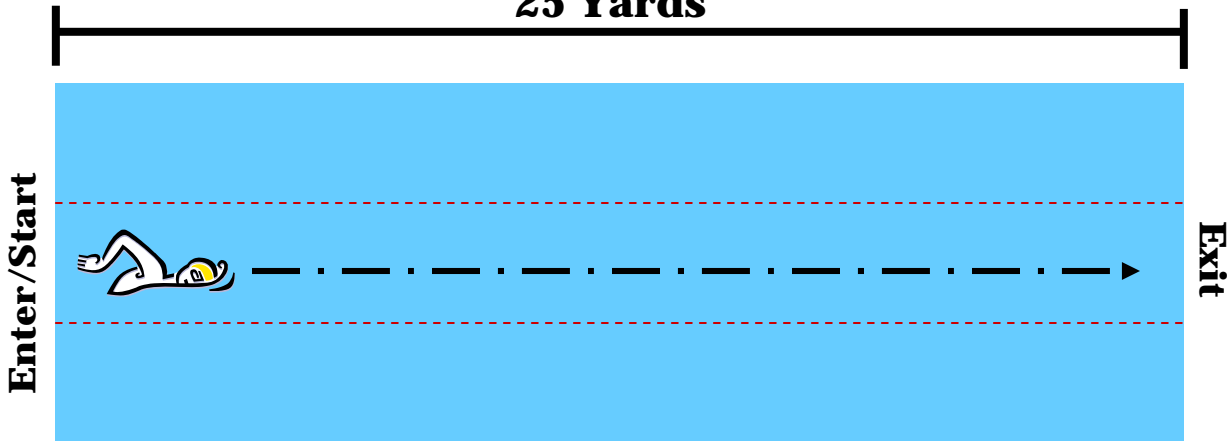


ballwin kidz triathlon

ages: 5-8 swim

25 Yards

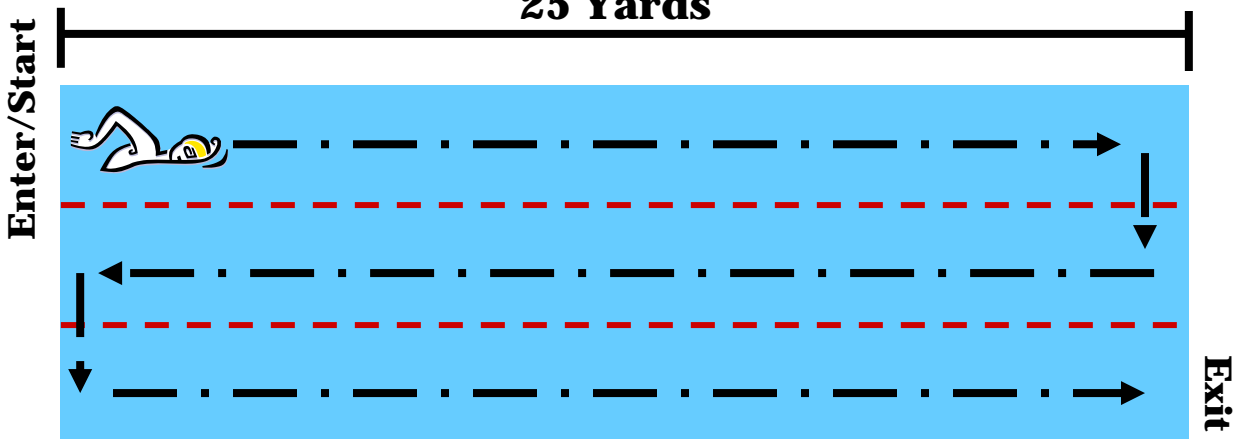


Transition Area:
Out pool doors and down to grass area.

Ages 5-8: will swim one length of the pool (25 yards) in one of three lap lanes and then proceed to transition area. Next, they will put on tennis shoes, helmet and anything else and walk their bike to the bike mounting area for the biking portion of the race. Participants will be sent off every 10 seconds.

ages: 9-12 swim

25 Yards



Transition Area:
Out pool doors and down to grass area.

Ages 9-12: will be swimming a serpentine swim, they will swim down in lap lane 1, swim under the rope, swim back in lap lane 2, under the rope, and down in lap lane 3 (totally 75 yards). They will exit the pool from lap lane 3 and proceed to the transition area. Next they will put on tennis shoes, helmet and anything else and walk their bike to the bike mounting area for the biking portion of the race. Participants will be sent off every 10 seconds.