

Event Distances

Triathlon Series - Swim - Bike - Run\*

Ages	SWIM	BIKE	RUN
6-7	25 Yards	.50 Mile	.25 Mile
8-11	50 Yards	1.25 Miles	.50 Mile
12-15	100 Yards	2.5 Miles	1.5 Mile
16+	250 Yards	3.75 Miles	2 Miles

Duathlon Series - Run - Bike - Run\*

Ages	RUN	BIKE	RUN
5-7	.25 Miles	0.5 Miles	.25 Miles
8-11	.50 Miles	1.25 Miles	.50 Miles
12-15	1 Mile	2.5 Miles	.75 Miles
16+	1.5 Miles	3.75 Miles	1.5 Miles

Aquathlon Series - Run - Swim - Run\*

Ages	RUN	SWIM	RUN
6-7	.25 Miles	25 Yards	.25 Miles
8-11	.50 Miles	50 Yards	.25 Miles
12-15	1 Mile	100 Yards	.50 Miles
16+	1.5 Miles	250 Yards	1 Mile

Running Series\*

Ages	RUN
2-3	50 Yards
4-5	75 Yards
5-7	.25 Mile
8-11	.75 Mile
12-15	1 Mile
16+	1.5 Miles

\*Distances subject to change due to course conditions the day of event. Participants' age group is based on the age they will be 12/31/2019.