## Tri The Creek Kids Triathlon Age at date **Swim** Bike Run of event 1/3 mile 100 yards 6 years 25 meters 1/3 Mile 7-8 years 50 meters 1 mile 9-10 years 1 mile 2/3 Mile 75 meters Trans -ition Bell's Mill Dr Crail Dunoon Ln Taymouth Ln Tarland Ln **Bike Course Directions: Run Course Directions:** Short Course (0.3 Mile): Leave Transition, left on Bell's Short Course (100 yards): Leave Transition, follow Mill, bear left on Dunoon, turn around at cul-de-sac, marked run coursel, turn around at cone, return. return

<u>Long Course</u> (1 Mile): Leave Transition, left on Bell's Mill, Left at second Taymouth intersection, right back on Bell's Mill, right on Dunoon, turn around at cul-de-sac, return

Short Course (100 yards): Leave Transition, follow marked run coursel, turn around at cone, return.

Middle Course (500 yards): Leave Transition, turn right on Bell's Mill, turn around at cone at Crail Ct, return.

Long Course (1000 yards): Leave Transition, turn right on Bell's Mill, pass Crail Ct, left on Tarland, right on Bell's Mill, left back into pool parking lot.

## Swim, Transition, and course Starting Points



