



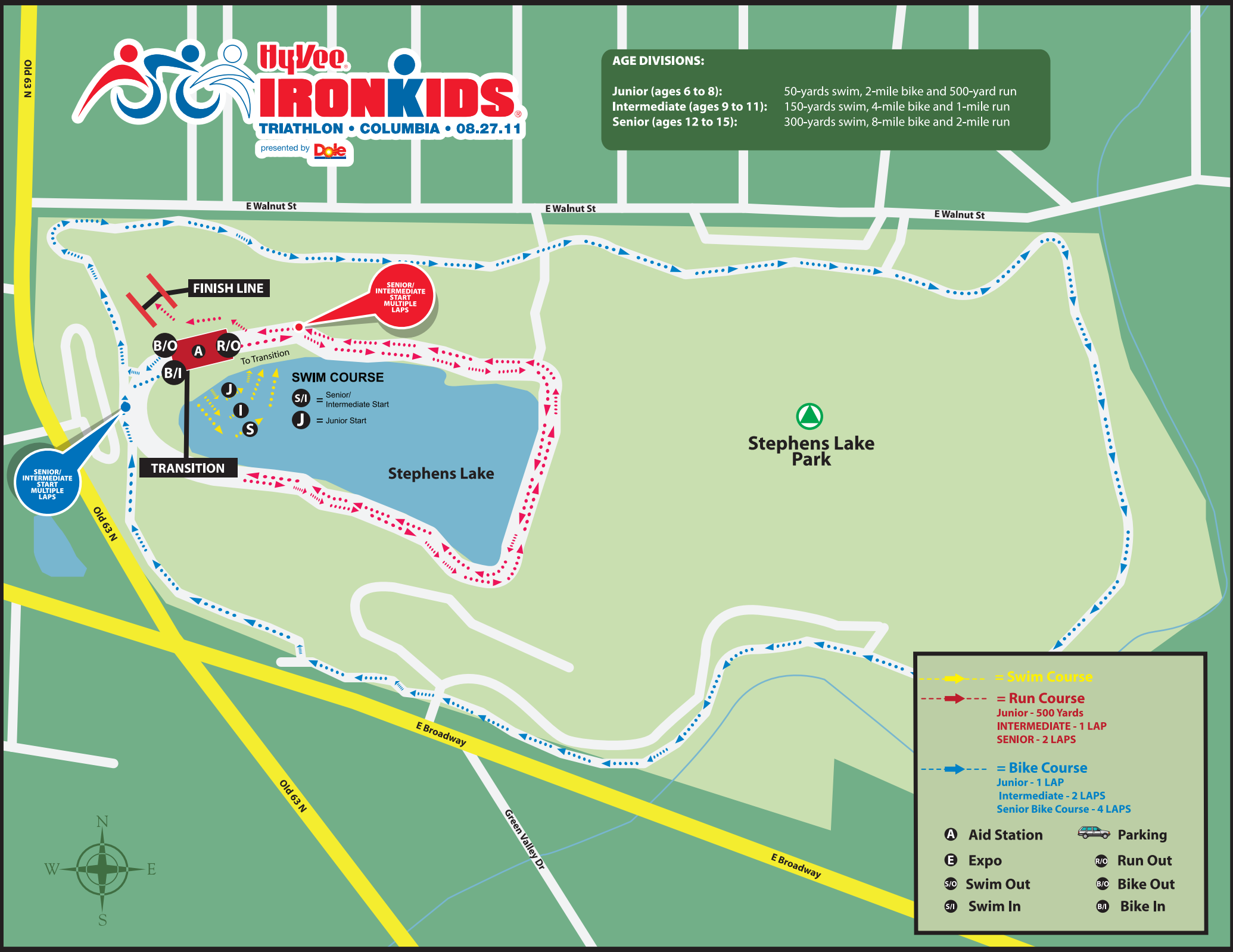
HyVee IRONKIDS

TRIATHLON • COLUMBIA • 08.27.11

presented by 

AGE DIVISIONS:





Junior (ages 6 to 8): 50-yards swim, 2-mile bike and 500-yard run
Intermediate (ages 9 to 11): 150-yards swim, 4-mile bike and 1-mile run
Senior (ages 12 to 15): 300-yards swim, 8-mile bike and 2-mile run



SENIOR/
INTERMEDIATE
START
MULTIPLE
LAPS

SENIOR/
INTERMEDIATE
START
MULTIPLE
LAPS

SWIM COURSE
 S/I = Senior/
Intermediate Start
 J = Junior Start

| | |
|---|---|
|  | = Swim Course |
|  | = Run Course Junior - 500 Yards INTERMEDIATE - 1 LAP SENIOR - 2 LAPS |
|  | = Bike Course Junior - 1 LAP Intermediate - 2 LAPS Senior Bike Course - 4 LAPS |
| A | Aid Station |
| E | Expo |
| S/O | Swim Out |
| S/I | Swim In |
|  | Parking |
| R/O | Run Out |
| B/C | Bike Out |
| B/I | Bike In |

