

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

 = Swim Course

 = Run Course
 Junior - 500 Yards
 INTERMEDIATE - 1 LAP
 SENIOR - 2 LAPS

 = Bike Course
 Junior - 1 LAP
 Intermediate - 2 LAPS
 Senior Bike Course - 3 LAPS

A Aid Station

 Parking

E Expo

R/O Run Out

S/O Swim Out

B/O Bike Out

S/I Swim In

B/I Bike In



HyVee
IRONKIDS
 TRIATHLON • WATERLOO • 07.09.11

presented by **Dole**



SWIM COURSE

SWIM START

To Transition

SENIOR/
 INTERMEDIATE
 START
 MULTIPLE
 LAPS

FINISH LINE

TRANSITION

