



**HyVee**  
**IRONKIDS**  
TRIATHLON • LINCOLN • 08.20.11

presented by **Dole**



**TRANSITION**

**FINISH LINE**

**SWIM COURSE**

- S/I** = Senior/Intermediate Start
- J** = Junior Start

	<b>Swim Course</b>
	<b>Run Course</b> Junior - 500 Yards INTERMEDIATE - 1 LAP SENIOR - 2 LAPS
	<b>Bike Course</b> Junior - 2 MILES Intermediate - 1 LAPS Senior Bike Course - 2 LAPS
<b>A</b>	<b>Aid Station</b>
<b>E</b>	<b>Expo</b>
<b>S/O</b>	<b>Swim Out</b>
<b>S/I</b>	<b>Swim In</b>
	<b>Parking</b>
<b>R/O</b>	<b>Run Out</b>
<b>B/O</b>	<b>Bike Out</b>
<b>B/I</b>	<b>Bike In</b>

**AGE DIVISIONS:**

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