

# IRONKIDS™

## IronKids Round Rock



JUNIOR - LEFT  
INTERMEDIATE &  
SENIOR RIGHT

SENIOR  
START  
MULTIPLE  
LAP

TRANSITION

FINISH LINE

SWIM FINISH  
SWIM START

SENIOR SWIM

INTERMEDIATE SWIM

JUNIOR SWIM

SENIOR TURN  
AROUND

JUNIOR  
TURN  
AROUND

TURN  
AROUND

JUNIOR  
TURN  
AROUND

- = Swim Course
- = Run Course -
- = Bike Course  
Intermediate & Senior Start Multiple Laps
- A** Aid Station
- E** Expo
- B/I** Bike In
- R/O** Run Out
- B/O** Bike Out

**AGE DIVISIONS:**

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