

# IRONKIDS™

IronKids San Diego



**--- = Swim Course**

**- - - = Run Course -**

**- - - = Bike Course**  
Intermediate & Senior Start Multiple Laps

**(A) Aid Station**

**(E) Expo**                      **(R/O) Run Out**

**(B/I) Bike In**                    **(B/O) Bike Out**

**AGE DIVISIONS:**

**Junior (ages 6 to 8):**            50-meters swim, 2-mile bike and 500-yard run

**Intermediate (ages 9 to 11):**    150-yard swim, 4-mile bike and 1-mile run

**Senior (ages 12 to 15):**        300-yard swim, 8-mile bike and 2-mile run