

# Birmingham Triathlon - Kids Triathlon



## Course logistics

Age 7 to 8 = 25m swim/1km bike/500m run

Age 9 to 12 = 75m swim/2km bike/1500m run

Age 13 to 16 & Relay (all ages) = 125m swim/4km bike/2000m run

Age 7 to 8 = 1 lap of the swim course/1 lap of the bike course/1 lap of the run course

Age 9 to 12 = 3 laps of the swim course/2 laps of the bike course/3 laps of the run course

Age 13 to 16 = 5 laps of the swim course/4 laps of the bike course/4 laps of the run course

Relay all ages = 5 laps of the swim course/4 laps of the bike course/4 laps of the run course

Blue line = from the swim into the cycle transition

Blue dotted line = swim course

Yellow lines = Kids bike course

Green lines = Kids run course

White dotted line = Kids bike finish

The whole of the bike & run course will be post and taped, making it easy for the children to navigate.

When you arrive at registration on the day of the triathlon, you will be given two wrist bands in your event day envelope. One for your child to wear, and one for you (the parent/carer) to wear.

This allows one parent/carer to go into the cycle transition area with their children.