



Shropshire Kids Full Event Course information

1 lap of the Kids swim course = 25m - 1 lap of the Kids bike course = 1km - 1 lap of the Kids run course = 500m

IMPORTANT INFORMATION ABOUT THE COURSE

- ❖ The whole of the bike and run course will be post and taped, making it very easy to navigate for the children.
- ❖ The children **do not** have to enter the cycle transition with their bikes when they have completed their bike course; we will have a crew of marshals taking their bikes off them so the children can go straight onto the run course. The bikes will then be racked in the cycle transition area ready to be picked up once your child has finished their triathlon.
- ❖ The whole of the bike and run course is on short grass and is flat as well as being inside the grounds of Dearnford Lake, making it safe for the children.
- ❖ The swim course will be one lane rope 25m in distance, the children will swim along the lane rope (25m), if they have finished they will exit the water, if they need to do another lap they will go around the lane rope and swim on the other side.
- ❖ **Safety in the water:** there will be safety divers, race crew & canoeists in the water at all times; they will guide the children around the swim course to make sure the children are safe.

Distances

- Girls & Boys aged between 7 & 8 complete:
 - 1 length of the swim course (25m)
 - 1 lap of the bike course (1km)
 - 1 lap of the run course (500m)
- Girls & Boys aged between 9 & 12 complete:
 - 2 lengths of the swim course (50m)
 - 2 laps of the bike course (2km)
 - 2 laps of the run course (1km)
- Girls & Boys aged between 13 & 16 complete:
 - 4 lengths of the swim course (100m)
 - 3 laps of the bike course (3km)
 - 3 laps of the run course (1.5km)