



Splash 2 Dash Youth Triathlon - Routes and Distances

Swim

5-6 years - 25 yards
 7-8 years - 50 yards
 9-10 years - 100 yards
 11-13 years - 150 yards

Bike

5-6 years - 1 lap (1.25 miles)
 7-8 years - 2 laps (2.5 miles)
 9-10 years - 4 laps (3.75 miles)
 11-13 years - 5 laps (5 miles)

Run

5-6 years - .25 mile
 7-8 years - .5 mile
 9-10 years - .75 mile
 11-13 years - 1 mile