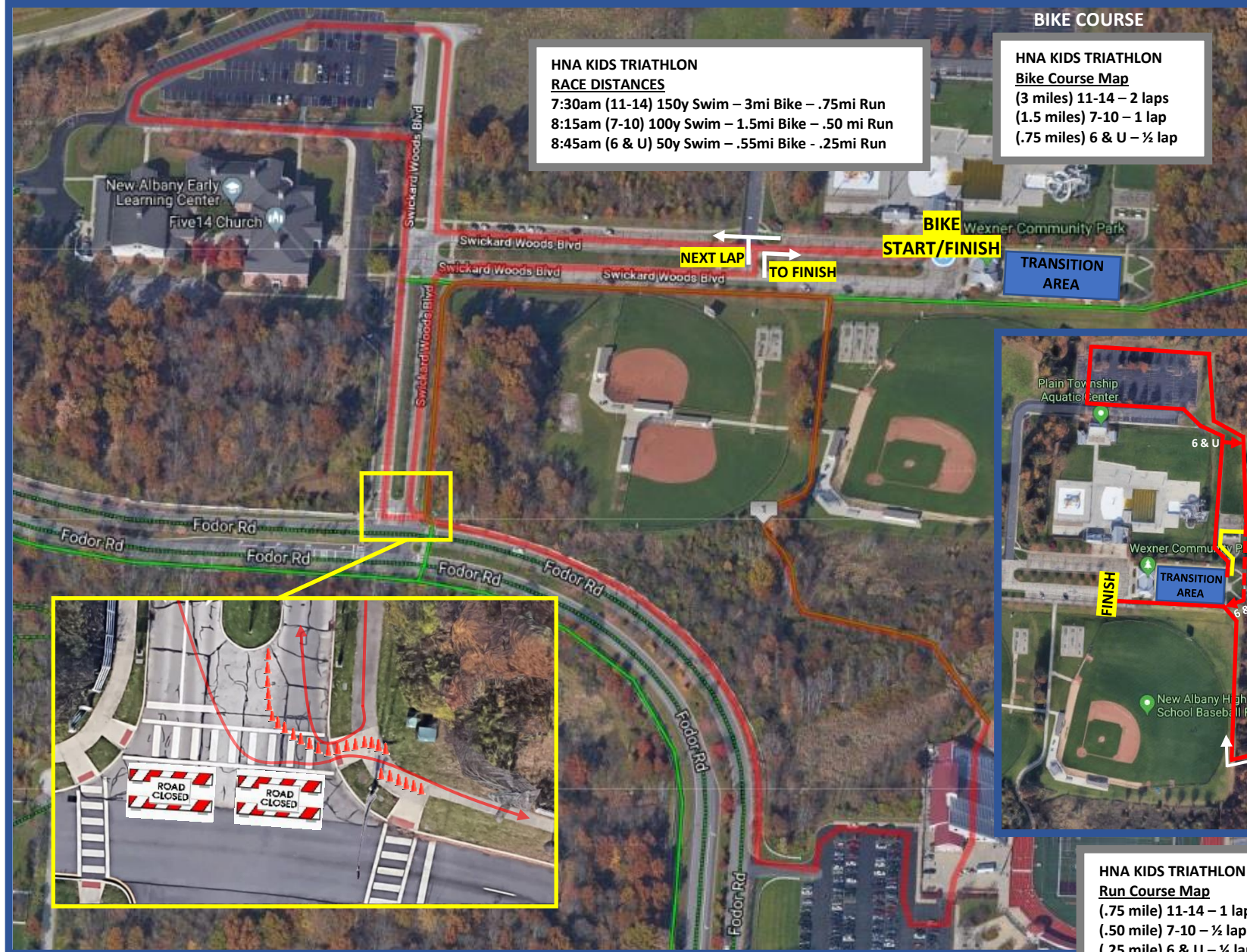


When your child needs a hospital, everything matters.™



HNA KIDS TRIATHLON
RACE DISTANCES
7:30am (11-14) 150y Swim – 3mi Bike – .75mi Run
8:15am (7-10) 100y Swim – 1.5mi Bike – .50 mi Run
8:45am (6 & U) 50y Swim – .55mi Bike - .25mi Run

BIKE COURSE
HNA KIDS TRIATHLON
Bike Course Map
(3 miles) 11-14 – 2 laps
(1.5 miles) 7-10 – 1 lap
(.75 miles) 6 & U – ½ lap

RUN COURSE
HNA KIDS TRIATHLON
Run Course Map
(.75 mile) 11-14 – 1 lap
(.50 mile) 7-10 – ½ lap
(.25 mile) 6 & U – ¼ lap

