

# YOUNG HEARTS TRIATHLON

## AGE GROUP DISTANCES

<u>Age</u>	<u>Swim</u>	<u>CYCLE</u>	<u>RUN</u>
<b>4 to 5</b>	<b>50 meters</b>	<b>1.5 km</b> (1 loop) to the <u>750m</u> marker	<b>500 m (.5 km)</b> (1 loop) to the <u>250m</u> marker
<b>6 to 7</b>	<b>50 meters</b>	<b>1.5 km</b> (1 loop) to the <u>750m</u> marker	<b>500 m (.5 km)</b> (1 loop) to the <u>250m</u> marker
<b>8 to 9</b>	<b>100 meters</b>	<b>3.0 km</b> (1 loop) to the <u>1.5km</u> marker	<b>1.0 km</b> (1 loop) to the <u>500m</u> marker
<b>10 to 11</b>	<b>200 meters</b>	<b>5.0 km</b> (1 loop) to the <u>1.5 km</u> marker PLUS (1 loop) to the <u>1.0 km</u> marker	<b>2.0 km</b> (1 loop) to the <u>1.0 km</u> marker
<b>12 to 13</b>	<b>300 meters</b>	<b>7.0 km</b> (2 loops) to the <u>1.5 km</u> marker PLUS (1 loop) to the <u>500 m</u> marker	<b>3.0 km</b> (1 loop) to the <u>1.5 km</u> marker
<b>14 to 15</b>	<b>400 meters</b>	<b>9.0 km</b> (3 loops) to the <u>1.5 km</u> marker	<b>4.0 km</b> (1 loop) to the <u>1.5 km</u> marker PLUS (1 loop) to the <u>500m</u> marker