Course Entrance

Run Totals
5-6 years old: 1 lap = 1/4 mile
7-10 years old: 2 laps = 1/2 mile
11-14 years old: 4 laps = 1 mile

Bike Totals
5-6 years old: 5 laps = 1.5 miles
7-10 years old: 10 laps = 3 miles
11-14 years old: 20 laps = 6 miles

Swim Totals
5-6 years old: 1 lap = 50 yards
7-10 years old: 2 laps = 100 yards
11-14 years old: 4 laps = 200 yards
1 lap = down and back

Bike Finish

Transition Area #2

Run Start

Finish Line

Run Finish

Bike Start

Transition Area #1

Swim Area

JCC

Kids' Triathlon

JEWISH COMMUNITY CENTER
FITNESS FOR EVERYBODY