

VHBG YOUTH TRIATHLON

AGES 5-9: 40 yd swim, 1.5 mi bike (2 loops), .5 mi run (1 loop)

Ages 10+: 80 yd swim, 3 mi bike (4 loops), 1 mi run (2 loops)

Green = Run to Transition (TA) **Red** = Bike Course **Yellow** = Run Course **Purple** = To Finish

