

YOUTH TRIATHLON 2026 – RACE SPECS

WAVE 1—6-7 YR OLDS (Orange BIB)

25YD SWIM (1 LENGTH)

1 MILE BIKE (TURNAROUND AT LONGER)

.25 MILE RUN (UP TO HART ST. & BACK)

WAVE 2—13-15 YR OLDS (Red BIB)

200YD SWIM (8 LENGTHS)

5 MILE BIKE (8 LAPS AROUND HIGH SCHOOL)

1.5 MILE RUN (LAP AROUND HIGH SCHOOL SOCCER FIELD)

WAVE 3—11-12 YR OLDS (Green BIB)

150YD SWIM (6 LENGTHS)

4 MILE BIKE (6 LAPS AROUND HIGH SCHOOL)

1 MILE RUN (TURNAROUND AT LONGER)

WAVE 4—8-10 YR OLDS (Blue BIB)

50 YD SWIM (2 LENGTHS)

2 MILE BIKE (2 LAPS AROUND HIGH SCHOOL)

.5 MILE RUN (LAP AROUND JUNIOR HIGH)