

# Cook Creek Youth TRYathlon

- 8-14 years Elite Bike 2.0 miles
- 8-14 years Elite Run 1.0 mile
- 10-12 years Bike 1.5 miles
- 10-12 years Run 1.0 mile
- 8-9 years Bike/Run 1.0 mile
- 5-7 years Bike/Run 0.5 mile

 Start/Finish/Turn Around

 Bike Drop-off Point (5-7 years only)



Restrooms



Water



Parking

# Swim Distances

- Elite (8-14 years).....150 meters (6 laps)
- 10-12 years.....100 meters (4 laps)
- 8-9 years.....50 meters (2 laps)
- 5-7 years.....25 meters (1 lap)

# Start Times

- Elite (8-14 years).....6:30 am
- 10-12 years.....7:10 am
- 8-9 years.....7:55 am
- 5-7 years.....8:40 am

\*All routes measured round-trip, Run and Bike except 5-7 Years.

