

Age Group	Approximate Start /Finish	Swim Distance	Approximate Bike Distance	Approximate Run Distance
13 to 14 Girls	7:00 a.m. / 7:30 a.m.	200 yds.	2.50 mi.	1.00 mi.
13 to 14 Boys	7:30 a.m. / 8:00 a.m.	200 yds.	2.50 mi.	1.00 mi.
11 to 12 Girls	8:00 a.m. / 8:30 a.m.	200 yds.	2.50 mi.	1.00 mi.
11 to 12 Boys	8:30 a.m. / 9:00 a.m.	200 yds.	2.50 mi.	1.00 mi.
9 Girls	9:00 a.m. / 9:20 a.m.	100 yds.	1.25 mi.	.50 mi.
9 Boys	9:20 a.m. / 9:40 a.m.	100 yds.	1.25 mi.	.50 mi.
10 Girls	9:40 a.m. / 10:00 a.m.	100 yds.	1.25 mi.	.50 mi.
10 Boys	10:00 a.m. / 10:20 a.m.	100 yds.	1.25 mi.	.50 mi.
8 Girls	10:20 a.m. / 10:40 a.m.	50 yds.	.75 mi.	.25 mi.
8 Boys	10:40 a.m. / 11:00 a.m.	50 yds.	.75 mi.	.25 mi.
7 Girls	11:00 a.m. / 11:20 a.m.	50 yds.	.60 mi.	.25 mi.
7 Boys	11:20 a.m. / 11:40 a.m.	50 yds.	.60 mi.	.25 mi.
3 & under Girls	11:40 a.m. / 11:50 a.m.	25 yds.	.10 mi.	.05 mi.
3 & under Boys	11:50 a.m. / 12:00 p.m.	25 yds.	.10 mi.	.05 mi.
4 Girls	12:00 p.m. / 12:10 p.m.	25 yds.	.10 mi.	.05 mi.
4 Boys	12:10 p.m. / 12:20 p.m.	25 yds.	.10 mi.	.05 mi.
5 Girls	12:20 p.m. / 12:30 p.m.	25 yds.	.20 mi.	.10 mi.
5 Boys	12:30 p.m. / 12:40 p.m.	25 yds.	.20 mi.	.10 mi.
6 Girls	12:40 p.m. / 12:50 p.m.	25 yds.	.20 mi.	.10 mi.
6 Boys	12:50 p.m. / 1:00 p.m.	25 yds.	.20 mi.	.10 mi.