



Youth Splash and Dash

Age 7-10 100 yard swim & 1k (.62mi) run ◆

Age 11-15 200 yard swim & 2k (1.24mi) run ★

Friday night before the Mountain Lakes Triathlon

Start Time 5:30 pm with Age 7-10

Each age group race finishes before the next starts

- Kids run on a grassy section from the outdoor pool to the entrance to the greenway trail that runs along the lake
- Runners stay to their left on the greenway
- The run is out and back on a greenway trail
- Volunteers and signs will turn runners at appropriate turnaround for their race distance

Race Finish Line

**Outdoor 25 yard pool
(8 Lane Pool)**

8 Lane Pool:
 100 Yards = 4 lengths/2 laps
 200 Yards = 8 lengths/4 laps

Heat Swim:
 Swimmers go down and back in same lane - 2 swimmers per lane.

The number of heats depends on number of swimmers in that race.

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