

SUMMER 2020

KIDS TRIATHLON

Ages 5-12

Participants will be introduced to the fast growing multisport and learn how to combine swimming, cycling and running over three training sessions. Rules, safety, and coordinating the three disciplines will be the primary focus. The program will conclude with a Mini-Tri the Sunday following the last session.

Participants must have the ability to swim 25 yards without stopping and bring a bicycle and helmet. MIN/MAX: 10/30

Location: Anderson Shelter and Pool; Chiddix Track



Training Sessions	Day	Time	Date
Swimming	M	6:00-7:00pm	June 15
Biking	W	6:00-7:00pm	June 17
Running	M	6:00-7:00pm	June 22

Mini-Triathlon

Location: Anderson Pool

Date: Sunday, June 28

Time: 9:00am

Distances: Subject to change on participant's abilities

Ages 5-8: 50 yard swim; 2 mile bike; 0.3 mile run

Ages 9-12: 150 yard swim; 4 mile bike; 1 mile run

Fee: \$25

Activity # 132550-11

Please visit NormalParks.org for more information.

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