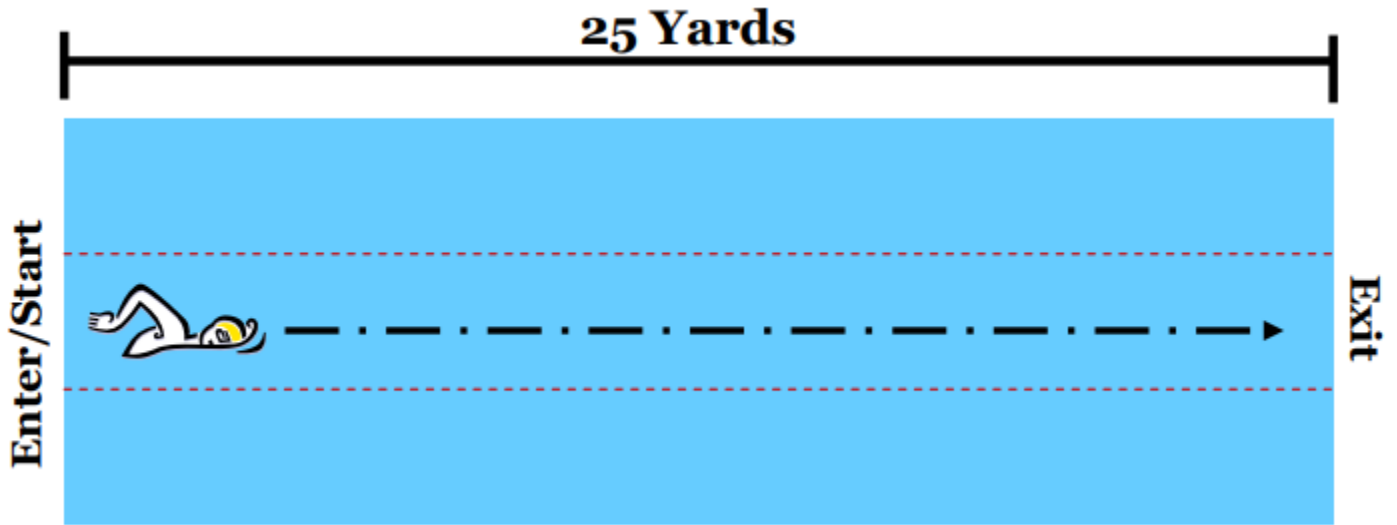


**Ballwin Kids Triathlon Swim Course**

**Youth Jr. Age 6-9**

**One length of the pool, 25 yards**

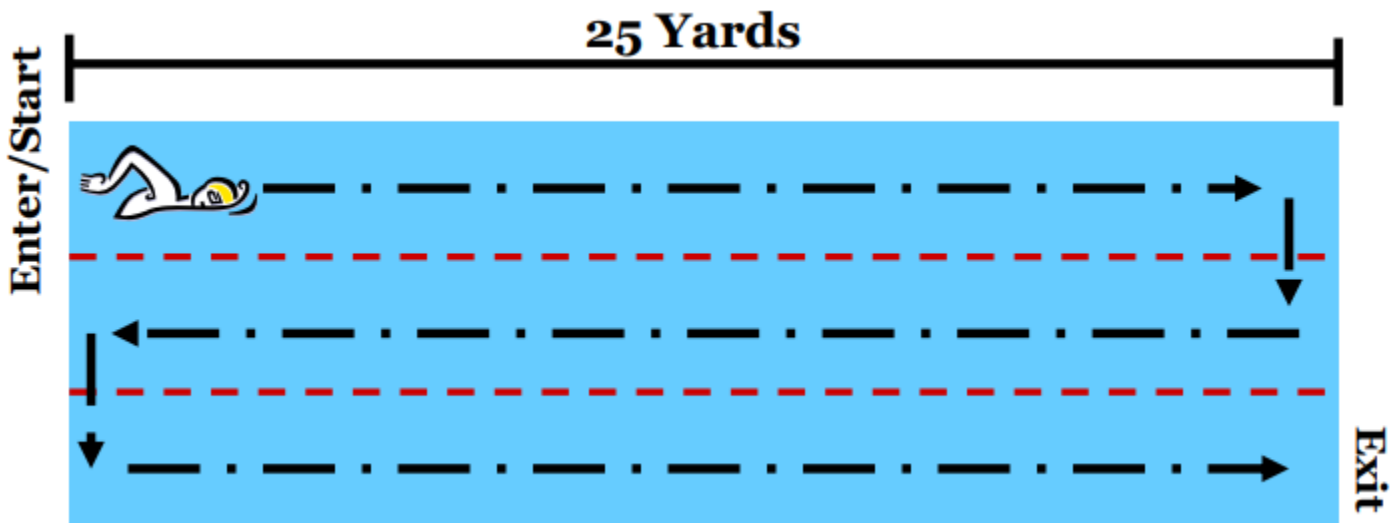


**Ballwin Kids Triathlon Swim Course**

**Youth Sr. Age 10-13**

**Three lengths of the pool, 75 yards**

Serpentine swim, athletes will swim down in lap lane 1, under the rope, swim back in lap lane 2, under the rope, and down in lap lane 3.

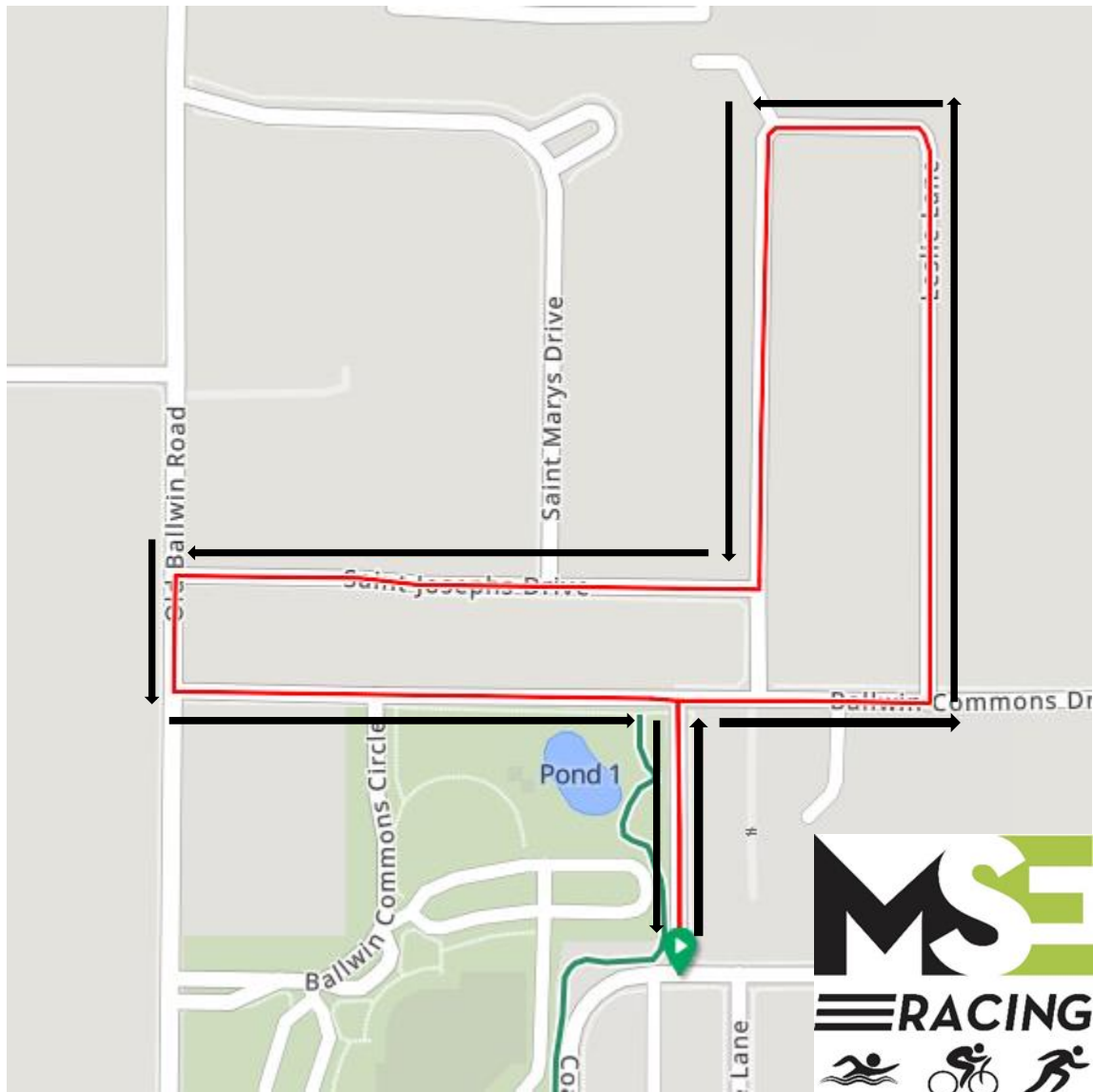


All athletes will exit the pool and proceed out the pool doors and down to the grass transition area. Next they will put on tennis shoes, helmet and anything else they need and walk their bike to the bike mounting area. Athletes will be sent off every 10 seconds from the bike mount area.

# Ballwin Kids Triathlon Bike Course

Youth Jr. Age 6-9

1 lap, 1 mile



Click here to view the route turn by turn –

<https://ridewithgps.com/routes/41609083>

## Ballwin Kids Triathlon Bike Course

Youth Sr. Age 10-13

2 laps, 2 miles

Athletes will stay on Ballwin Commons Drive for the second lap. After completing the second lap, athletes will turn onto Coachgate Lane to return to the transition area.



Click here to view the route turn by turn –

<https://ridewithgps.com/routes/48308358>

# Ballwin Kids Triathlon Run Course

Youth Jr. Age 6-9

1 lap, ½ mile



Click here to view the route turn by turn -

<https://ridewithgps.com/routes/41609116>

# Ballwin Kids Triathlon Run Course

Youth Sr. Age 10-13

2 laps, 1 mile



Click here to view the route turn by turn –

<https://ridewithgps.com/routes/41609120>