





**RUN COURSE INFO**




**Age - Distance**

- 7 and Under - 500m
- 8-9 - No Extra Laps; exit at M10 first time (1km)
- 10-11 - 1 Extra Lap (2km total)
- 12-13 - 2 Extra Laps (3km total)
- 14 and Up - 3 Extra Laps (4km total)

**Run Course**

-  7 and Under
-  8 and Up
-  10 and Up - Extra Laps
-  Finish - All

**Run Course Safety**

-  Run - Traffic Control
-  Run - Marshall
-  Run - Lap Counter

# SQUAMISH Youth TRIATHLON

