



TriKids Course

Gerick's Wasa Triathlon

TriKids 7 & U

Swim 50 m
Bike 1.5 Km
Run 500m

TriKids 8-9

Swim 100 m
Bike 5 Km
Run 1.5 km

TriKids 12-13

Swim 300 m
Bike 15 Km (3 loops)
Run 3 Km

TriKids 10-11

Swim 150 m
Bike 10 Km (2 loops)
Run 2Km

TriKids 14-15

Swim 300 m
Bike 15 Km (3 loops)
Run 3 KM

