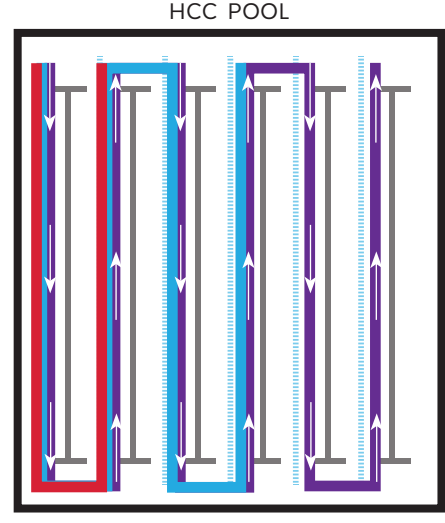


# HERNDON KIDS TRIATHLON

[herndon-va.gov](http://herndon-va.gov)



	SWIM	BIKE	RUN
AGES 6-8	50Y	1.1 MILE	.6 MILE
AGES 9-11	100Y	2 MILE	1 MILE
AGES 12-16	150Y	4 MILES	1.4 MILES



6-8 50Y (2 LENGTHS)  
 9-11 100Y (4 LENGTHS)  
 12-16 150Y (6 LENGTHS)

