



**Kids of Steel**

- Washroom and Showers
- Transition
- Bike Course  
500 m - about 1 min
- 500m turnaround  
Race #3 Turnaround Race #4 and #5 Turnarounds
- 375m  
Race #2 Turnaround
- 250m  
Race #1 Turnaround
- Run Course  
750 m - about 2 mins
- 750m Turnaround  
Race #5 Turnaround
- 500m turnaround  
Race #4 Turnaround
- 250m
- Campground
- 100m Finish  
Race #1 Finish and Race #2 Turnaround
- Swim to Transition
- 25m Swim  
Race #1
- 50m Swim  
Race #2
- 75m Swim  
Race #3
- 100m Swim  
Race #4
- 150m Swim  
Race #5