

## **32nd Annual Burns Alston Kids Triathlon - 2025**

Come join in the fun and fitness of our **32nd annual** triathlon! It will happen on Wednesday, **June 18**, and we hope to see you there. Students may participate as solo triathletes or form teams within their grade level.

Grade 1	1 width swim	2 laps biking	1 lap run
Grade 2	2 width swim	3 laps biking	1 lap run
Grade 3	3 width swim	4 laps biking	2 lap run
Grade 4	2 length swim	6 laps biking	2 lap run
Grade 5	3 length swim	8 laps biking	3 lap run
Grade 6	4 length swim	10 laps biking	4 lap run

Swimmers will high-five their partner at the south end of the pool (for team competitors). Cyclists **must wear a helmet** and are to use the outside of the track. Runners are to use the inside. Pylons will mark these lanes. Have fun, be honest, and think safety!

We invite all who wish to come and cheer our students across the finish!

**Times are approximate.**

**(Width of the pool for gr. 1-3 / length for gr. 4-6)**

08:45 3-5 solo triathletes / Each grade separately 3, 4, then 5

10:00 Grade three teams

10:30 Grade four teams

11:00 Grade five teams

11:40 Lunch

12:45 6, 1, 2 Solo Triathletes / each grade separately unless small numbers

1:30 Grade one teams

1:50 Grade two teams

2:10 Grade six teams

