



31st Annual Burns Alston Kids Triathlon - 2024

Come join in the fun and fitness of our **31st Annual Triathlon!** It will happen on **Tuesday, June 18,** and we hope to see you there. Students may participate as solo triathletes or form teams within their grade level.

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|---------|---------------|----------------|-----------|
| 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 |

(Width of the Pool for Grades 1-3 / Length for Grades 4-6)

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!

Tentative Schedule

Times are approximate.

| | |
|-------|--|
| 08:45 | 3,4,5 solo triathletes / Each grade separately |
| 10:00 | Grade 3 teams |
| 10:30 | Grade 4 teams |
| 11:00 | Grade 5 teams |
| 11:40 | Lunch |
| 12:45 | 1,2,6 Solo Triathletes / each grade separately unless small numbers |
| 1:30 | Grade 6 teams |
| 1:50 | Grade 2 teams |
| 1:50 | Grade 1 teams |

Students are encouraged to bring their bikes and park them in the playground baseball diamond by grades as shown below.

Unless you are helping your student at the pool or with their bike, PLEASE stay out of the staging area. It makes it difficult for students to make the transition, and those who are recording and becomes a safety issue.

