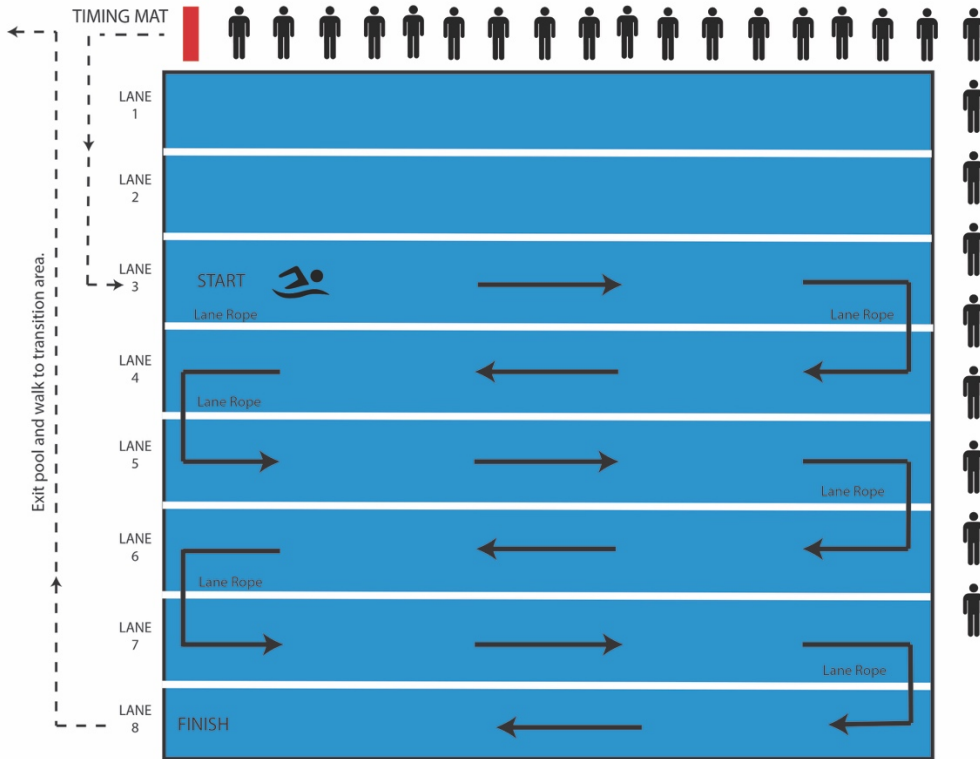
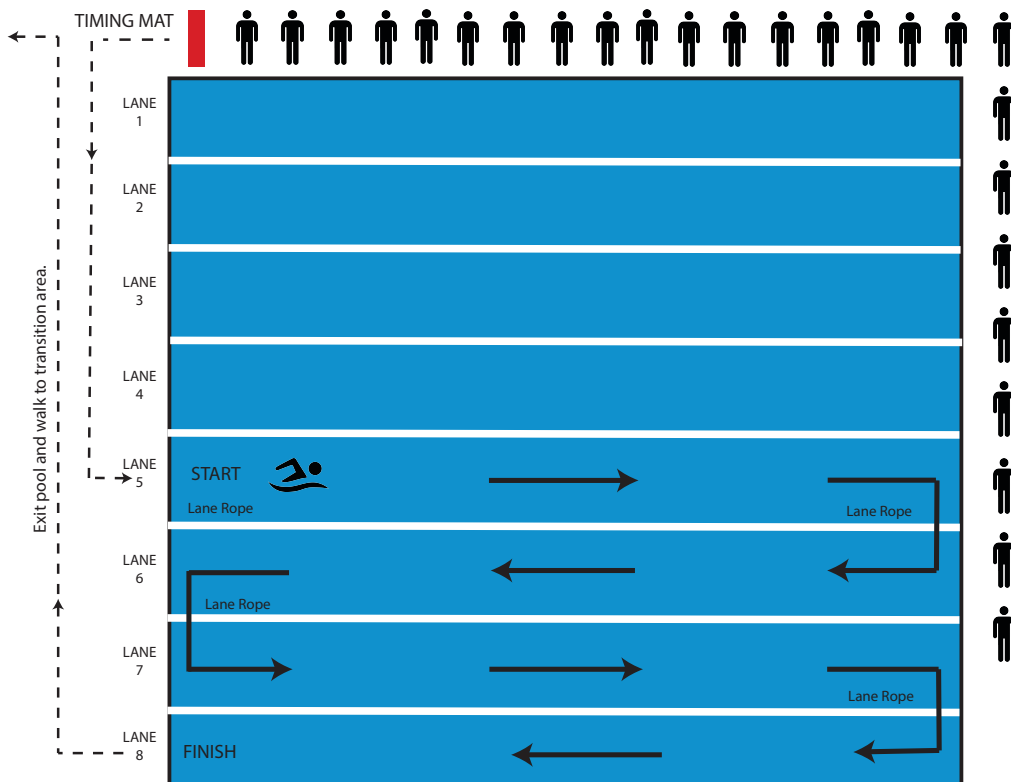


2021 Columbia Association Kids Triathlon – Swim Course, “Snake Swim”

Columbia Association KIDS Triathlon, 13-15 yrs old - 150 yards, 6 lengths. “Snake Swim” - Swimmers line up alongside pool. When prompted, step on timing mat then walk to lane 3. Enter pool feet first and swim to end of lane 3. Duck under lane rope. Repeat in lanes 4, 5, 6, 7 & 8. Climb out at end of lane 8. Proceed to the transition area to begin bike leg.



Columbia Association KIDS Triathlon, 9-10 & 11-12 yrs old - 100 yards, 4 lengths. “Snake Swim” - Swimmers line up alongside pool. When prompted, step on timing mat then walk to lane 5. Enter pool feet first and swim to end of lane 5. Duck under lane rope. Repeat in lanes 6, 7 & 8. Climb out at end of lane 8. Proceed to the transition area to begin bike leg.



Columbia Association KIDS Triathlon, 7-8 yrs old - 50 yards, 2 lengths. "Snake Swim" - Swimmers line up alongside pool. When prompted, step on timing mat then walk to lane 7. Enter pool feet first and swim to end of lane 7. Duck under lane rope. Swim to end of lane 8. Climb out of pool and proceed to the transition area to begin bike leg.

