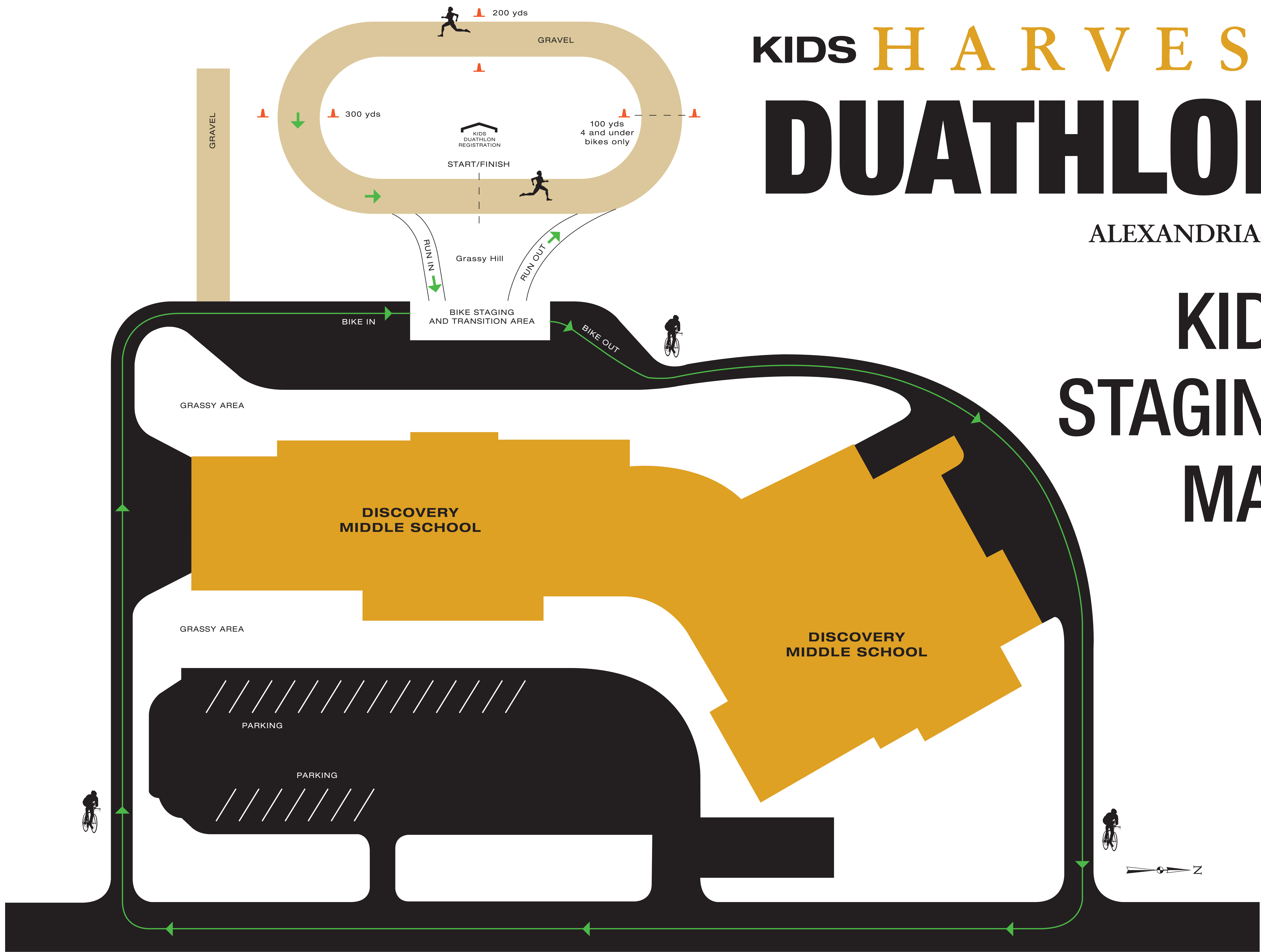


KIDS HARVEST DUATHLON

ALEXANDRIA, MN

KIDS STAGING MAP



4 and Under

*100 yard run – 200 yard bike
100 yard run on dirt track*

5-6 Years

*1/4 mile run – .7 mile bike (1 lap)
1/4 mile run*

7-8 Years

*1/2 mile run – 1.4 mile bike (2 laps)
1/2 mile run*

9-10 Years

*1/2 mile run – 2.1 mile bike (3 laps)
1/2 mile run*

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