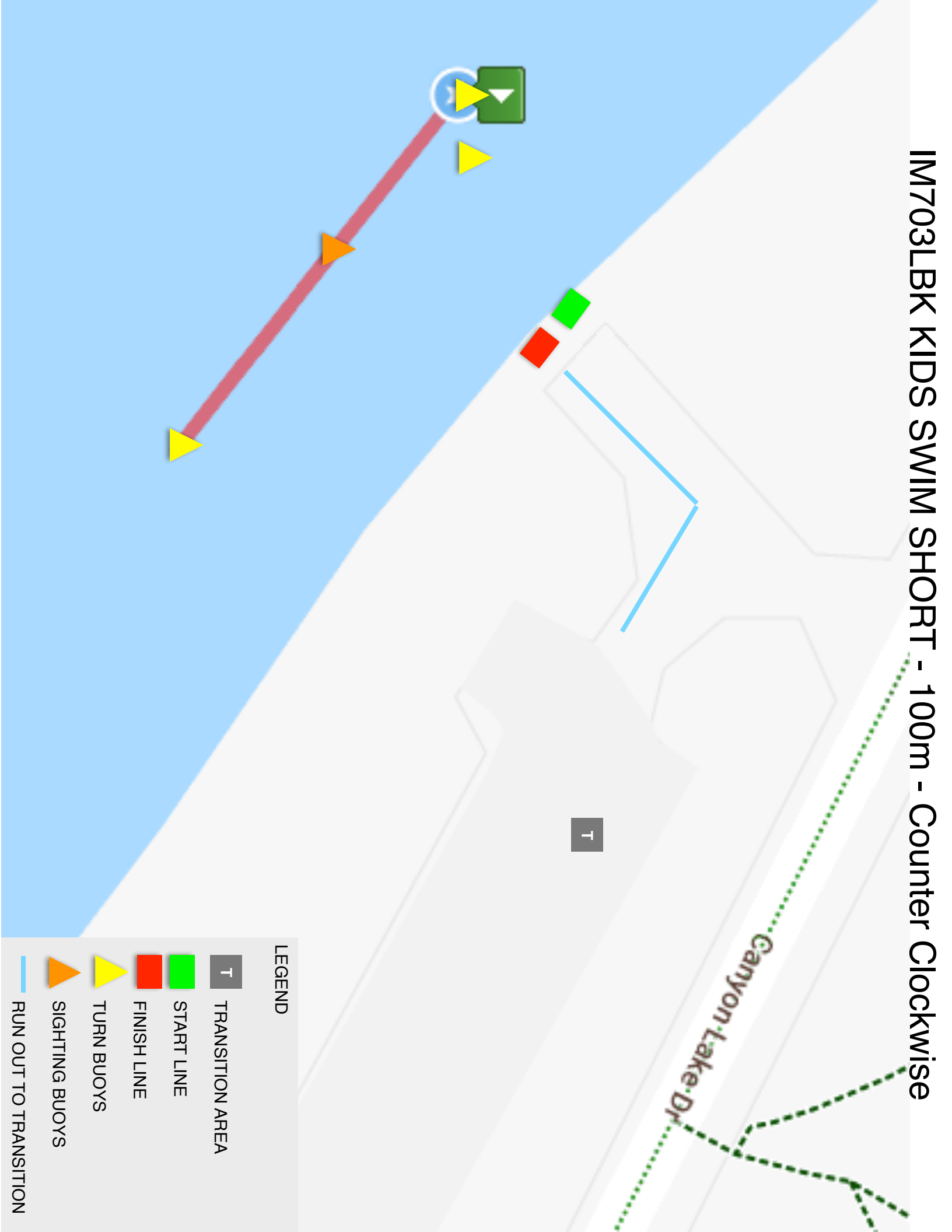


# IM703LBK KIDS SWIM SHORT - 100m - Counter Clockwise



**IM7031BK festival KIDS BIKE SHORT 5K OUT & BACK**



# IM703LBK festival KIDS RUN SHORT - 1K - OUT & BACK



# IM703LBK KIDS SWIM LONG - 200m - Counter Clockwise



## LEGEND

T TRANSITION AREA

START LINE

FINISH LINE

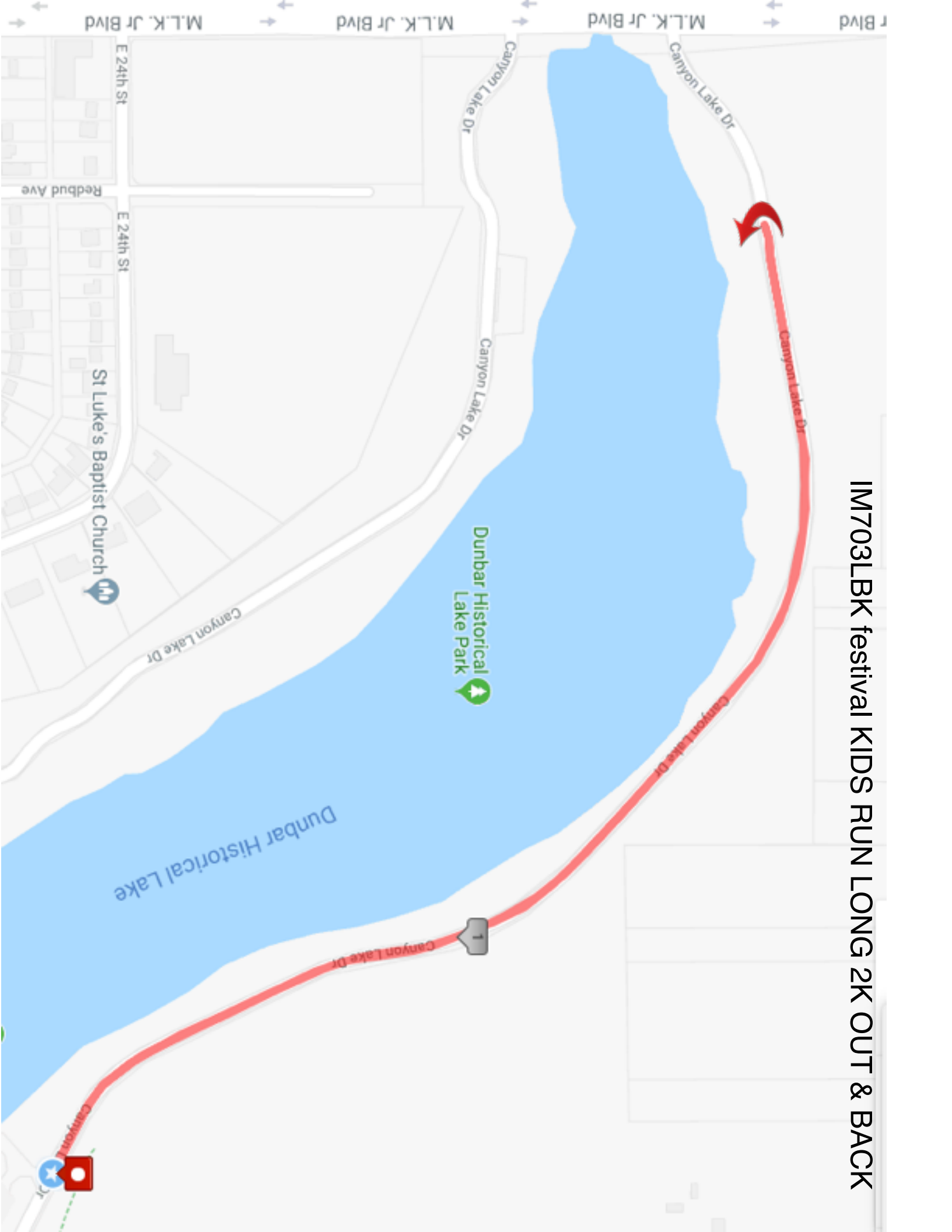
TURN BUOYS

SIGHTING BUOYS

RUN OUT TO TRANSITION



# IM703LBK festival KIDS RUN LONG 2K OUT & BACK



# IRONMAN 70.3 Lubbock

## Triathlon Festival

### KIDS TRI

[REGISTRATION LINK](#)

### OLYMPIC TRI

[REGISTRATION LINK](#)

### SPRINT TRI

[REGISTRATION LINK](#)

## 2019 SCHEDULE OF EVENTS (coming soon)

**WHEN:** June 29, 2019

**WHERE:** Historic Dunbar Lake Lubbock, Texas

**TIME:** KIDS 7:00 am - OLYMPIC 8:10 am - SPRINT 9:00 am

## COURSE MAPS

### KIDS

[SWIM SHORT](#) – [BIKE SHORT](#) – [RUN SHORT](#)

[SWIM LONG](#) – [BIKE LONG](#) – [RUN LONG](#)

### OLYMPIC

[SWIM](#) – [BIKE](#) – [RUN](#)

### SPRINT

[SWIM](#) – [BIKE](#) – [RUN](#)

## WEATHER

Semi-arid, so you will not sweat in the shade!

Average high: 90.8 Fahrenheit

Average low: 64 Fahrenheit

Average humidity: 20%-35%

Average wind: 10 – 13 MPH

## AID STATIONS

Aid stations will be placed in the transition area, as well as approximately at each mile of the run. Water, fluid replacement, ice, etc. will be provided along the course. A medical team will be on hand along with an ambulance on the course.

## AWARDS

Top 3 or Top 10%, whichever is greater. Approximate time will be 11:00 a.m., at the race site.

## KIDS Divisions

RACING AGE	SWIM	BIKE	RUN
5-6 Youth	100 m	5k (3.1 miles)	1k (.6 mile)
7-8 Youth	100 m	5k (3.1 miles)	1k (.6 mile)
9-10 Youth	100 m	5k (3.1 miles)	1k (.6 mile)
11-12 Youth	200 m	10k (6.2 miles)	2k (1.2 miles)
13-15 Youth	200 m	10k (6.2 miles)	2k (1.2 miles)

## ADULT Divisions

10 – 11	25 – 29	45 – 49	65 – 69
12 – 14	30 – 34	50 – 54	70 – 74
15 – 19	35 – 39	55 – 59	75 – 79
20 – 24	40 – 44	60 – 64	80+

## Clydesdale/Athena:

Weight Class Division. In events where a weight class division is different, the minimum weight shall be 220 pounds for men and 165 pounds for women, monitored by the event organizer. The weight class age categories for men and women shall be 39 years of age and under and 40 years of age and over. Participants are not eligible to complete in a weight class division and in an age group division at the same event.

Aquabike: The age categories for men and women shall be 39 years of age and under and 40 years of age and over.

Relays: Mixed ,Male and Female divisions