

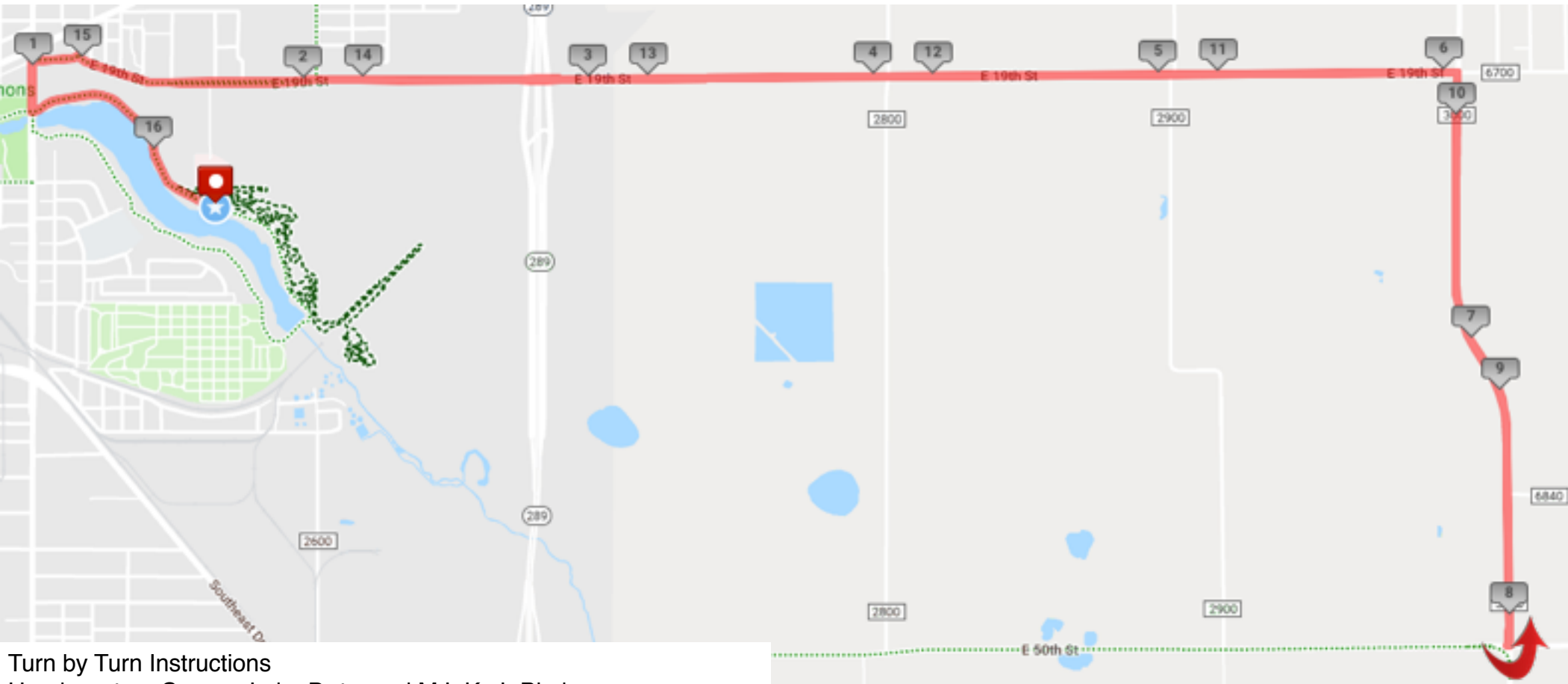
SPRINT SWIM 500m OUT AND BACK - COUNTER CLOCKWISE



LEGEND

- T TRANSITION AREA
- START LINE
- FINISH LINE
- TURN BUOYS
- SIGHTING BUOYS
- RUN OUT TO TRANSITION


SPRINT BIKE 16 miles OUT AND BACK



- Turn by Turn Instructions
- Head west on Canyon Lake Dr toward M.L.K. Jr Blvd
 - Turn right onto M.L.K. Jr Blvd
 - Turn right onto E 19th St
 - Head east on E 19th St / Spruce Ave
 - Head east on E 19th St
 - Turn right onto County Rd 3000/Farm to Market Rd 1729 S
 - Turn around at E 50th St
 - 8.1 mi East Head east on E 50th St toward
 - Head North on County Rd 3000/Farm to Market Rd 1729 N
 - Turn left onto E 19th St
 - Head west on E 19th St
 - Turn left on E 19th St. / Spruce Ave
 - Turn left onto Canyon Lake Dr
 - End Route / Dismount

SPRINT RUN 5K OUT AND BACK



 Aid Station at mile 1.55

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