



Dorset Try a Tri

JUNIORS' CYCLE ROUTE

TRI START (8 YEAR OLDS)	800M
TRI STAR 1 (9/10 YEAR OLDS)	1500M
TRI STAR 2 (11/12 YEAR OLDS)	2800M
TRI STAR 3 (13/14 YEAR OLDS)	4200M
YOUTHS A (15/16 YEAR OLDS)	5600M

1. PUT ON YOUR CYCLE HELMET.
2. PICK UP YOUR BICYCLE WALK/RUN THROUGH THE TENNIS COURTS TO THE SPORTS FIELD.
3. TURN RIGHT INTO THE SPORTS FIELD AND CLIMB ON YOUR BICYCLE.
4. CYCLE AROUND THE EXTERIOR OF THE FIELD KEEPING THE TAPE ON YOUR LEFT HAND SIDE.
5. ON COMPLETION OF YOUR LAPS, CLIMB OFF OF YOUR BIKE AT THE ENTRANCE TO THE TENNIS COURTS.
6. TURN RIGHT INTO THE TENNIS COURTS TO RACK YOUR BIKE WITH YOUR KIT.
7. AFTER RACKING YOUR BICYCLE TAKE YOUR CYCLE HELMET OFF.

JUNIORS' RUN ROUTE

TRI START (8 YEAR OLDS)	1 LAP
TRI STAR 1 (9/10 YEAR OLDS)	2 LAPS
TRI STAR 2 (11/12 YEAR OLDS)	3 LAPS
TRI STAR 3 (13/14 YEAR OLDS)	4 LAPS
YOUTH A (15/16 YEAR OLDS)	5 LAPS

1. AFTER RACKING YOUR BICYCLE AND REMOVING YOUR CYCLE HELMET, RUN PAST THE QUADRANGLE KEEPING IT ON YOUR RIGHT HAND SIDE.
2. RUN THROUGH THE GATE ONTO THE SPORTS FIELD.
3. RUN THROUGH THE FUNNEL ONTO THE 400M RUNNING TRACK.
4. ON COMPLETION OF YOUR LAPS RUN TO THE FINISH GAZEBO.