



11/12 year olds:	1/2 mile run - 4 mile bike - 1/2 mile run Awards ceremony:	9:00 AM 10:00 AM
9/10 year olds:	1/2 mile run - 3 mile bike - 1/2 mile run Awards ceremony:	10:15 AM 10:45 AM
7/8 year olds:	1/3 mile run - 2 mile bike - 1/3 mile run Awards ceremony:	11:00 AM 11:30 AM
5/6 year olds:	1/4 mile run - 1 mile bike - 1/4 mile run Awards ceremony:	11:45 AM 12:15 PM