

Saturday, July 27, 2024 at Harmony Lake

The Ironkids **Splash & Dash** presented by Plintz Real Estate offers youth aged 4-13 the unique opportunity to participate in multisport on the Ironman 70.3 Calgary course. Athletes will swim near the beach and run on pedestrian paths along the lake. Each finisher receives an official timing result, finisher medal and tech t-shirt!

CATEGORIES

Ages 12 to 13 at 8:00am
 300m Swim / 3.0km Run

Ages 10 to 11 at 8:45am
 200m Swim / 2km Run

Ages 8 to 9 at 9:15am
 100m Swim / 1.0km Run

Ages 4 to 7 at 9:30am
 50m Swim / 500m Run



The focus of the children's triathlon is safety, enjoyment and participation. Parents are encouraged to support children in younger age groups or those with limited swim experience in the water. Swimmers may use aids like buoys, floats or life vests. Parents can swim with their kids to offer assistance.

Check in opens at 7:00am at the tents by the east beach entrance. Running gear can be set up 15 minutes before each athlete's swim wave in the transition zone. Visit www.platinumracing.ca for more

