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# PHINMAN TRIATHLON 2021

**SATURDAY MAY 29th**  
YOUTH AGES 6-14 GULF SHORES AL

## PHINMANXL RACE **8:00 AM**

# 1

**AGES 10 - 14**

- SWIM** 100 YARDS
- BIKE** 2.8 MILES
- RUN** 0.83 MILES

## PHINMANJR RACE **8:45 AM**

# 2

**AGES 6 - 9**

- SWIM** 50 YARDS
- BIKE** 1.8 MILES
- RUN** 0.4 MILES

\*ALL participants must provide and wear a helmet for the cycling portion of the event.



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