



# SUMMER TRIATHLON TRACKER 2026

NAME: \_\_\_\_\_

<b>SWIMMING</b>								
Lazy River Indoors: 54 laps = 1 miles Lazy River Outdoors: 35 laps = 1 miles Lap Pool: 36 laps = 1 miles (down and back = 1 lap)								
200	400	600	750	1000	1200	1400	1 mile/1600	1800
2000	2200	1.5 mile/2400	2600	2800	3000	3200	3400	3600
2.4 miles/3840	4000	4200	4400	4600	4800	5000	5200	5400
5600	5800	6000	6200	6400	6600	6800	7000	7200
7400	4.8 miles/7680							



<b>RUN/WALK</b>								
Friendship Park: .3 miles trail Eagles Park/ Gress Complex: .8 miles trail Rocky Butte Park: .8 miles trail								
1	2	3	4	5	6	7	8	9
10	11	12	13	14	15	16	17	18
19	20	21	22	23	24	25	26.2	27
28	29	30	31	32	33	34	35	36
37	38	39	40	41	42	43	44	45
46	47	48	49	50	51	52.4		



<b>BIKE</b>								
Crooked Crane Trail: 1.9 miles paved trail, 9.6 miles outback trail Heros Park / Leasure Park: 1.1 miles trail around WRCC								
1	2	3	4	5	6	7	8	9
10	11	12	13	14	15	16	17	18
19	20	21	22	23	24	25	26	27
28	29	30	31	32	33	34	35	36
37	38	39	40	41	42	43	44	45
46	47	48	49	50	51	52	53	54
55	56	57	58	59	60	61	62	63
64	65	66	67	68	69	70	71	72
73	74	75	76	77	78	79	80	81
82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99
100	101	102	103	104	105	106	107	108
109	110	111	112	113	114	115	116	117
118	119	120	121	122	123	124	125	126
127	128	129	130	131	132	133	134	135
136	137	138	139	140	141	142	143	144
145	146	147	148	149	150	151	152	153
154	155	156	157	158	159	160	161	162
163	164	165	166	167	168	169	170	171
172	173	174	175	176	177	178	179	180
181	182	183	184	185	186	187	188	189
190	191	192	193	194	195	196	197	198
199	200	201	202	203	204	205	206	207
208	209	210	211	212	213	214	215	216
217	218	219	220	221	222	223	224	



SPRINT OLYMPIC TINMAN IRONMAN ULTRA IRONMAN