

Hello Parents,

We hope your little athletes are getting excited for their upcoming Kids Triathlon. I know we are! It is always so wonderful to see children being exposed to exercise and sport at such an early age! We wanted to take a moment to let you know about a few details before race day. We have designated different start times for the various age groups to maximize safety for all the kids.

Kids 6 and under: Approximately 10:30am

Kids 7-10: will start as soon as all the little kiddos have crossed the finish line

Kids 11plus years: will start as soon as the 7-10 year age group has finished.

The attached map will provide you a general overview of each swim, bike, and run course. You can also view the courses by visiting the online maps below.

**Swim:**

6 and under - 25 yard swim (.01 miles)

[www.usatf.org/routes/view.asp?rID=566148](http://www.usatf.org/routes/view.asp?rID=566148)

7-10 years & 11 plus years – 100 yard swim (.05 miles)

[www.usatf.org/routes/view.asp?rID=566147](http://www.usatf.org/routes/view.asp?rID=566147)

**Bike:**

6 and under – ¼ mile Bike – 3 laps around round-about

7- 10 years and 11 plus years – .59 mile Bike

[www.usatf.org/routes/view.asp?rID=566154](http://www.usatf.org/routes/view.asp?rID=566154)

**Run Courses:**

6 and under .1 miles

[www.usatf.org/routes/view.asp?rID=566153](http://www.usatf.org/routes/view.asp?rID=566153)

7-10 years and 11 plus years - .2 miles

[www.usatf.org/routes/view.asp?rID=566156](http://www.usatf.org/routes/view.asp?rID=566156)

**Registration Kit Pick-up:** Goody bags & Bib Numbers can be picked up at the same times as the Adult Packet Pickup

**Guidelines and requirements for athletes:**

**Transition Set up** – Be there early to help your kids set up their transition area. The 6 and under group will setup their transition on the grass by the Swim Finish area adjacent to the restrooms at the beach. You can keep their bikes in the older Kids Transition area at the back of the adult transition area for extra security until ready to move down to the beach. Older kids 7 years plus will set up their transition in the back of the Adult transition area.

**What to bring** – Swim suit or gear they can swim, bike and run in. Goggles and swim caps are optional. Bring their bike and helmet. Bring their running shoes and socks. Be sure to bring their bib and place their bike and helmet stickers. Since the 7 plus years olds will be timed, they will need to wear the timing chip around their ankle. Be sure the strap is snapped tightly around their ankle so it doesn't come up.

**Age-Limits** - There is no set lower age limit but parents/guardians should assess the child's abilities to complete the prescribed course. The Kids Mini Triathlon is designed to be a positive experience and no child should be entered that is not going to benefit from the experience. Being asked to perform beyond one's abilities may not be a positive experience so help them train so they are properly prepared. Give your kids the permission to take breaks or walk if needed. Try not to put too much pressure on them! Make it fun!

**Swim Aids:** Swim aids such as arm floaties or flotation vests will be allowed. Fins are not allowed for safety reasons.

**Swim Assistance from parent/guardian:** Swim assistance is **MANDATORY** during the swim course from a parent/guardian. **At least one parent/guardian must walk along the shore or beside their child for safety reasons.** Kids can easily touch the bottom, however, **each child must have one adult overseeing them the entire time they are in the water.** In addition, adult volunteers will be in the water for safety. We have never lost a child during the swim and want to maintain our 100% success rate!

**Adult Course Assistance:** **Younger children (6 and under) should be assisted throughout the entire event by a parent/guardian to assure they stay on course and are encouraged.** Parents can assist older children in the 7-10 age group depending on the child's need. When assisting kids, try to let them do everything by themselves as much as possible (but assistance is allowed to ensure a positive experience). It's also helpful to have the parent there to keep younger children on the right side of the trail during the bike portion. **If they will be completing the bike on their own, be sure you discuss with them the importance of staying to the right of the trail and not making any abrupt changes in direction to avoid any bike crashes.**

**Training Wheels** - Training wheels will be allowed.

**Helmets** – are mandatory!

**Awards.** All Kids Tri participants receive a finisher's medal. The 6 and under age groups will not be timed and no placement awards will be given to this group. The 7-10 age group and 11 plus age group will be timed and awards will be given to the Top 3 Boys and Girls in these categories.

If you have any further questions please feel free to email [shantina@whyracingevents.com](mailto:shantina@whyracingevents.com)