



## **KIDS TRIATHLON 2023 ATHLETE GUIDE**

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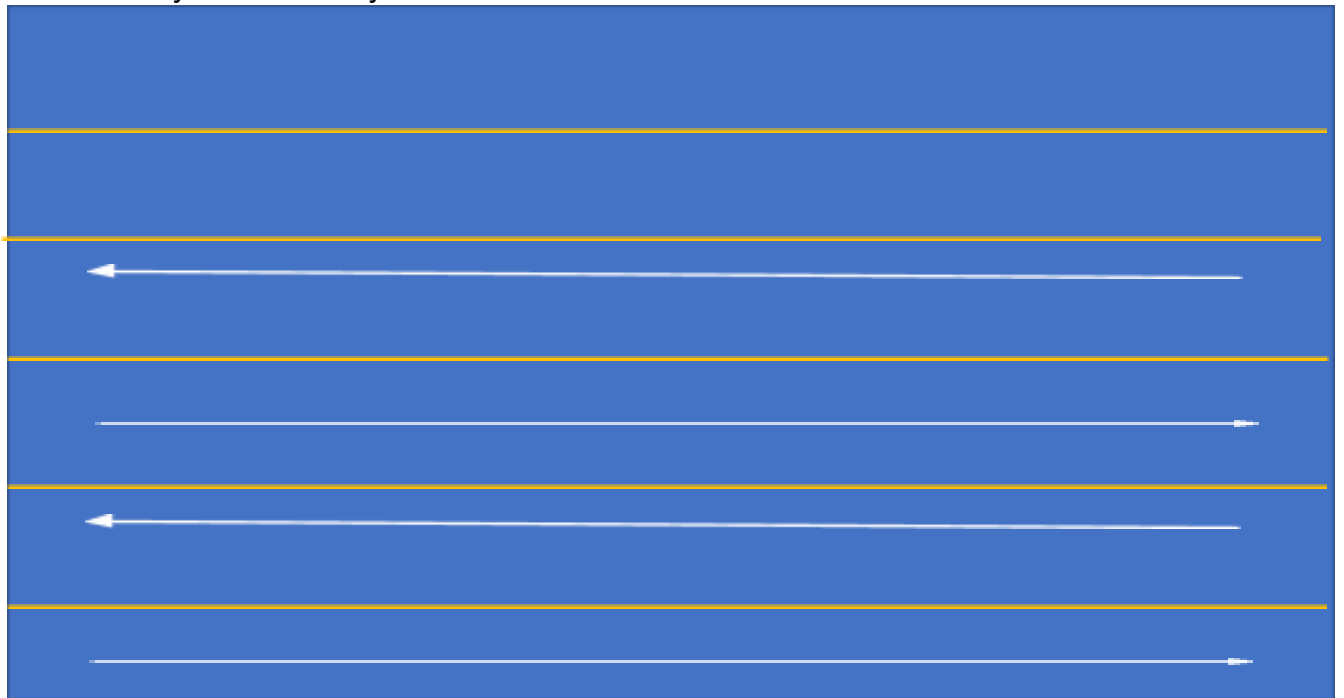
## Race Day Schedule

- 6:00am – Packet Pickup and Transition Area Opens
- 7:30am – Athlete Meeting on the Pool Deck
- 7:45am – Transition Area Closes
- 8:00am – Juniors (7-10) Race Start
- 8:30am (approx.) – Seniors (11-14) Race Start (Seniors will start once all Juniors have reached the bike turnaround)
- 10:00am (approx.) – Awards

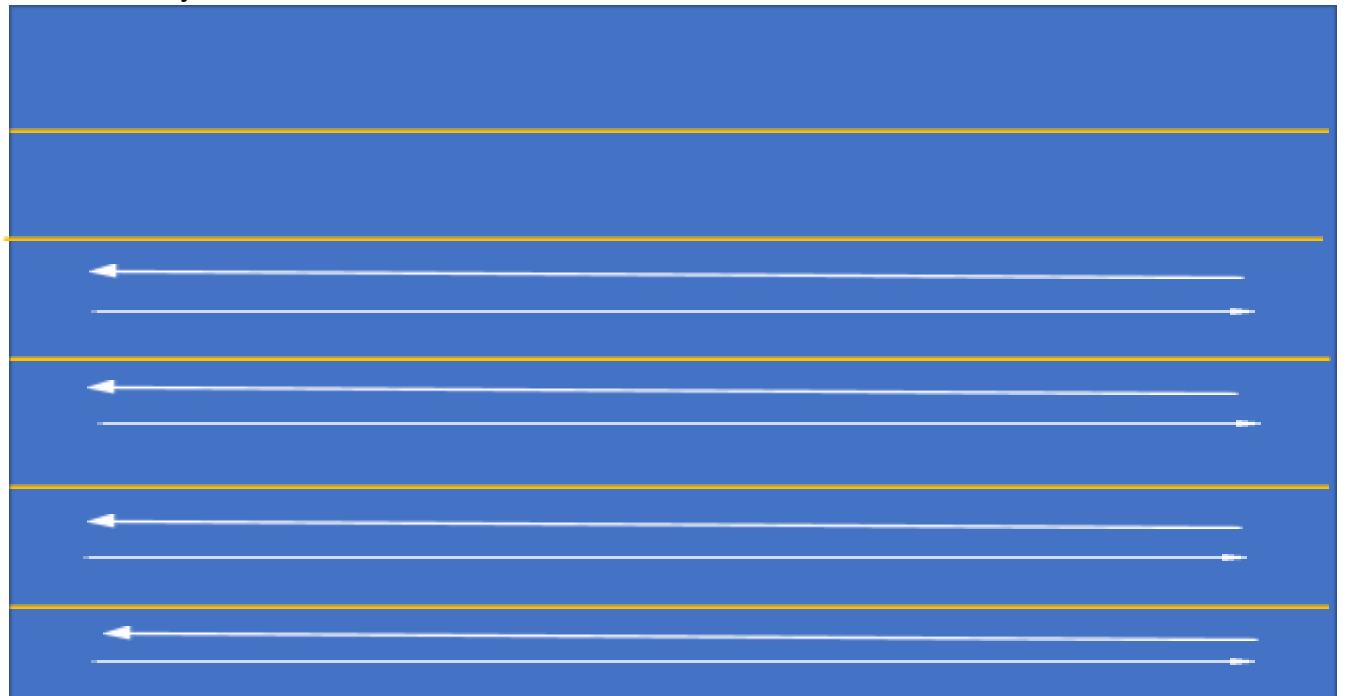
## Course Maps

### Swim

Juniors 100yds – One way in each of the 4 lanes



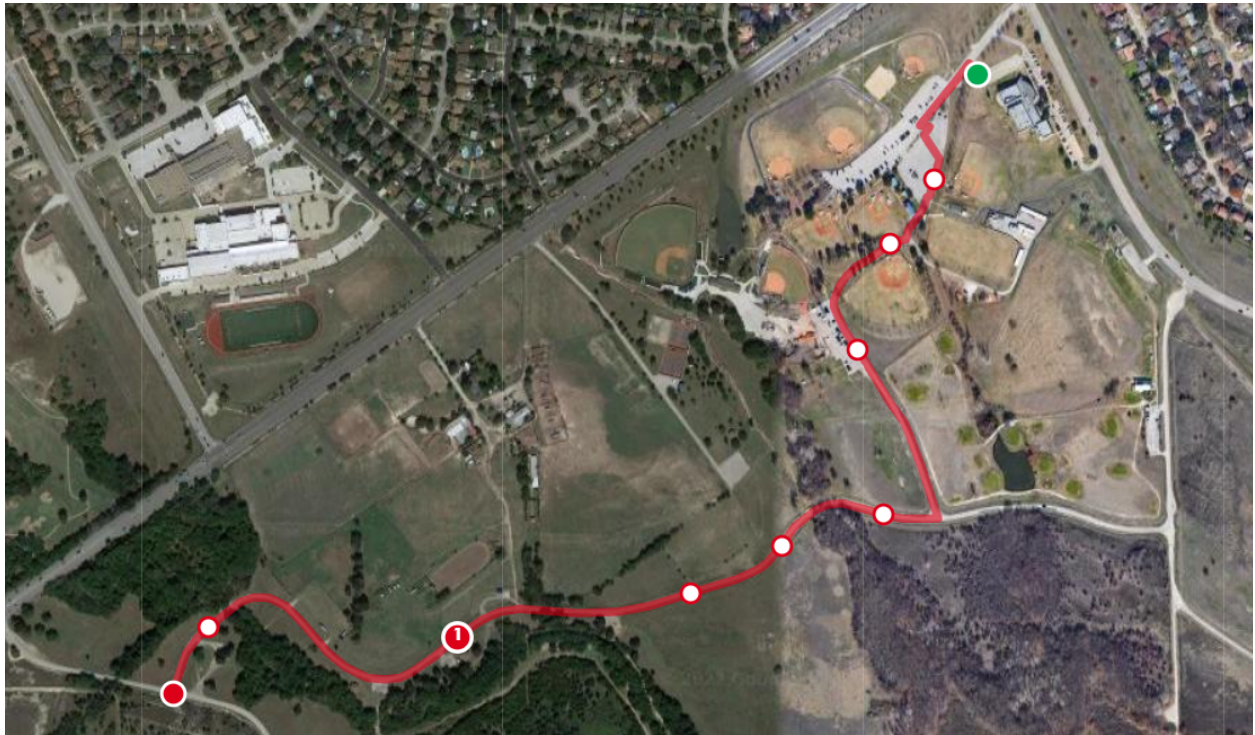
Seniors 200yds – Down and back in each of the 4 lanes



## Bike

Juniors – 2.5mi, Seniors – 5mi

Juniors will complete 1 lap and out and back. Seniors will U-turn at transition and complete a second lap of the bike course.



## Run

Juniors will complete 1 lap before turning to the finish in front of the YMCA. Seniors will make a left turn at the north baseball field and complete a second lap before turning to finish in front of the YMCA.



## Transition

We will not allow parents in the transition area. Plenty of volunteers will be present to help the younger athletes. We will have a separate area for athletes with kick stands that do not want to use the bike racks.



## Timing and Awards

- The event will be timed by Do More Racing Services
- Awards will be given 3 deep male and female in the following age divisions: 7-8, 9-10, 11-12, 13-14. Awards will be based on chip time and age on December 31<sup>st</sup>, 2023.
- All participants will receive a finisher's medal