

# KIDS TRI SCHEDULE

## Tiny Sprint (3-4)

### Step 1: Pick up packet

All participants must pick up their packet before the event.

Packet pick-up times are:

Friday, July 14<sup>th</sup>: 4pm-6pm @ R.W. Houser Family YMCA (Onalaska)

Saturday, July 15<sup>th</sup> (Race Day): before race starts at 8am



### Step 2: Put equipment in transition area

Transition open from 10:00- 10:15 AM on race day for Tiny Sprint.

The transition area is behind the YMCA, please follow signs and arrows around building of the R.W Houser YMCA. In transition, children need to put their bike, helmet, a shirt with the race number provided in their packet pinned on, and shoes. Towel and socks are optional. Each participant will have an area in transition marked by their wave number (they get this at registration). You can set up their bike in any spot in their designated wave area. There will be volunteers to help if you have any questions. **HELMET WITH STRAPS ARE MANDATORY.**

One parent per Sprint Triathlete may help in transition with shoes, helmet and getting child onto bike. Please do not run alongside during the race. This is a safety issue with other kids. This will also help your child build self-confidence in their abilities. The kids should not need much help after the bike. If they can't get their helmet off, they are allowed to run with it on.

### Step 3: Attend the participant's meeting

10:15 Meeting for all Tiny Sprint participants. Meet in Transition area. Parents are welcome and encouraged to attend this meeting with their children. We will be explaining the course and give tips on the best places for spectators.

### Step 4: Race

10:25 – Tiny Sprinters report to bleachers in pool area

10:30 - First Tiny Sprinters enter the water. We will have a time-trial start. This means that one child or parent/child will be allowed to enter the pool every 3 seconds. This will allow us to keep it in the shallow end of the pool. (Parents, you can start in the water).

After the swim, kids will go outside to the transition area.

Spectators are welcome and encouraged throughout the whole race, but **PLEASE** stay in the spectator areas for the safety of the participants unless you are the one adult that is guiding them. Thank you.

Transition open 11:00- 11:15

This is when Tiny Sprinters can get their bike from transition. They will have to wait until this time because others will be racing up until then and they will not be let in transition. If ALL Tiny Sprinters are done before 11:00, we will let people back in transition early.