

KIDS TRI SCHEDULE

Sprint (5-6)

Step 1: Pick up packet

All participants must pick up their packet before the event.

Packet pick-up times are:

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

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



Step 2: Put equipment in transition area

Transition is open approximately from 9:00- 9:15 AM on race day for Sprint Triathletes

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

9:15 Meeting for all Sprint Triathletes. 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. We encourage spectators, but **please limit ONE spectator per athlete in the pool area.** This helps keep the traffic flow less congested and safe for our athletes.

Step 4: Race

9:40 - Sprint Triathletes report to bleachers in pool area

9:42 - Wave 1 of Sprint Triathletes

9:42 – 9:55 Following waves of Sprint Triathletes **Children will sit on bleachers until called to pool.

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. Thank you.

Transition open 10:30- 10:45

This is when Sprint Triathletes 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 Sprint Triathlete racers are done before 10:15, we will let people back in transition early.